

Iron Brigade Soldiers become U.S. citizens

Story, photo by Pfc. Paul J. Harris

3rd Heavy Brigade Combat Team

BALAD, Iraq — One hundred twenty Soldiers became U.S. citizens in a naturalization ceremony May 12 in a theater on Logistical Support Area Anaconda near Balad, Iraq.

“Today marks a very important and very special day in the lives of some of our Soldiers,” said Col. Mark Hampton, commander, 35th Area Support Group, in his opening statement of the ceremony. “Each of whom have made a commitment to service in the Armed Forces of the United States.”

Five Soldiers from 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, received their citizenship during the ceremony. The newly naturalized citizens are Spc. Sola Ogundele, automated logistics specialist, Company A, 64th Brigade Support Battalion; Staff Sgt. Ricardo

Silva, heavy wheeled vehicle operator, Company G, 64th BSB attached to Task Force Pacesetter; Cpl. Rey Pena, human resource specialist, Headquarters and Headquarters Battery, 3rd Battalion, 29th Field Artillery; Spc. Xiang Tran, logistical supply specialist, Headquarters and Headquarters Company, 3rd Special Troops Battalion; and Spc. Suhee Onder, cook, Forward Support Company, 1-8 Combined Arms Battalion.

For a civilian there is normally a five-year residency requirement to be eligible to obtain citizenship. With military service members the requirement is waived along with the processing fee, said Walter Haith, immigration officer from the Frankfurt, Germany, office. This was his second time giving the oath of induction in a naturalization ceremony in Iraq.

“It is an honor to come here and do the oath ceremony,” Haith said. “These individuals who are

not citizens of the United States have put themselves in harm’s way to defend our country.”

Ogundele came to the U.S. 13 months ago from Nigeria on a diversity visa. He immediately joined the Army after arriving in America. Ogundele has a bachelor’s degree from a college in Nigeria and joined the Army for the tuition money to earn his master’s degree. He was not worried about going to Iraq so quickly after joining the Army. In fact, he wanted the experience of combat he read about in books and saw on the news.

“I am the happiest man on Earth today to be a U.S. citizen,” Ogundele said. “I know the sky is the limit for me in the United States. I (now) have absolute freedom to pursue my dreams.”

For some Soldiers citizenship meant the chance to secure their future with the Army and for their families. Silva wants to make a career of the Army and wants to move up in rank. He was approaching eight years of service in his military career and the Army has a requirement to become a citizen after eight years to continue serving. Silva was born in Portugal but had lived most of his 25 years in the U.S. He felt after he had given the oath of allegiance to the U.S. a big weight had been lifted off his shoulders.

“It feels a little different now when you wear the American flag,” Silva said.

Having the ceremony in Iraq instead of America was bittersweet for some of the Iron Brigade Soldiers. Pena said his family from the U.S. and Mexico wished they could have been together to witness him becoming a citizen.

My wife wished she could have been there but it was good that I had my Army buddies there cheering me on, Pena said. It is a big accomplishment, it feels great.

For Tran and Onder, receiving their citizenship

See Citizens on Page 9

Spc. Sola Ogundele, left, a native of Nigeria and an automated logistics specialist, Company A, 64th Brigade Support Battalion, 3rd Heavy Brigade Combat Team, stands with fellow Soldiers while reciting the oath of allegiance to the U.S. during a naturalization ceremony in Iraq.



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MUST SEE



Asian/Pacific Heritage month.
See Pages 28-29 .

2nd BCT Soldiers prepare for readiness exercise ‘Bayonet Strike’

Public Affairs Office

The 2nd Infantry Division’s 2nd Brigade Combat Team is conducting a readiness exercise called “Bayonet Strike,” May 31-June 16 at Piñon Canyon Maneuver Site.

The exercise is intended to sharpen the brigade’s combat readiness skills in preparation for a rotation to the National Training Center at Fort Irwin, Calif., in July and August, and for any future deployment.

Piñon Canyon Maneuver Site’s 235,896 acres, combined with Fort Carson’s training areas, comprise maneuver training lands second only to the NTC in size.

Fort Carson, with 97,201 acres of range-land, supports limited battalion-size or smaller training exercises.

Piñon Canyon Maneuver Site is one of the Army’s few, non-live-fire training areas allowing force-on-force, mechanized brigade training exercises.

As the second largest Department of Defense training site in the nation, PCMS hosts several major military exercises a year.

In many of the exercises, roughly 5,000 troops, 300 heavy tracked vehicles and 400 wheeled vehicles take to the expansive wilderness for intensive war maneuver exercises.

Bayonet Strike will test 2nd BCT Soldiers on the full range of combat operations.

Editor’s note: Watch upcoming editions of the *Mountaineer* for more details about “Bayonet Strike” or visit the Fort Carson Web site at www.carson.army.mil.

Armed Forces Day honors heroes, progress

**Commentary by Maj. Gen.
Robert W. Mixon Jr.**

*7th Infantry Division and Fort
Carson commanding general*

“This is the day on which we have the welcome opportunity to pay special tribute to the men and women of the Armed Forces ... to all the individuals who are in the service of their country all over the world. Armed Forces Day won’t be a matter of parades and receptions for a good many of them. They will all be in the line of duty and some of them may give their lives in that duty.” New York Times May 17, 1952.

The first Armed Forces Day occurred May 20, 1950. The theme for this inaugural day of recognition of the servicemen and women of the Armed Forces was “Teamed for Defense.” This theme is just as fitting today as it was 56 years ago. As we are nearing almost five years in the Global War on

Terrorism, the Joint Team — Army, Navy, Air Force, Marines, Coast Guard — continues to defend our nation and serve as the model for our allies and other nations to emulate.

Military service has always been one of our country’s noblest callings. America has long been the defender of liberty — the country that has stepped forward to defend those who could not defend themselves. This was true from our country’s early days at Lexington and Concord, where the first American patriots took up arms to defend their way of life and the cause of freedom.

Today, the enemies of freedom are not idle, and neither are we. We have fractured the foundation of those who subscribe to violence, and the terrorists’ ability to stop the progress of democracy is waning and so is their support in the court of world opinion. The road ahead is still dangerous, but our Soldiers — the 3rd Heavy Brigade Combat Team, the 10th Special Forces

Group and the 10th Combat Support Hospital — continue to make a difference in the lives of the Iraqi people.

Recently, an Associated Press story ran about a combined operation where U.S. and Iraqi forces rescued seven Sunni Arab men who were taken hostage by suspected militiamen near Baghdad.

Our very own 1-68th Combined Arms Battalion from the 3rd HBCT played a major part in this rescue operation and the apprehension of the suspected kidnappers. Good news stories, like this one, are seldom reported.

But I can tell you that I receive reports from our three units in theater every week, and they speak volumes to the heroic job our Soldiers, like those of 1-68 CAB, are doing.

On this Armed Forces Day, I salute all the men and women in uniform and all the military families who are also heroes in their



Mixon

own right. I am very proud of every member of the Mountain Post and grateful for the service you provide to our Army and the United States of America.

U.S. flag stands for all that is good about America

*Commentary by American Legion
National Headquarters*

Five-year-old Hunter Youngblood doesn’t understand why people are sometimes “mean” to the American flag. His father, who served in the Navy, always taught him to respect the flag. He told his son that the flag stands for everything that is good about America. Hunter loves the flag. He knows it is special.

That’s why he gets upset when he sees people burning the flag on TV. That’s also why every time he sees the flag touch the ground, he runs over to pick it up.

And when he goes to bed each night, he kisses his daddy good night ... he kisses the flag.

You see, Hunter’s father, Navy Hospital Corpsman 3rd Class Travis Youngblood, was killed by an improvised

explosive device while conducting combat operations in the town of Hit, Iraq, last July. Three months after he was laid to rest in Arlington National Cemetery, Va., his wife Laura gave birth to their daughter, Emma.

When he volunteered to go to Iraq, Youngblood told Laura, “We have to finish this now so that our son won’t have to go over there in 15 years to fight the same enemy.

“I have to help make the world free now because bringing freedom to an oppressed people is the only way to help America win the War on Terror ... that’s what our country is all about ... that’s what our flag is all about.”

For little Hunter, the flag, service to country and the memory of his father are all one and the same.

We come together on Memorial Day to pay tribute to every single service member who has died in defense of this great country.

Hundreds of thousands have given their lives over two centuries of American history, from the Civil War to Europe, from Pearl Harbor to Korea, from Vietnam to Grenada, from Kuwait to Afghanistan to Iraq.

We gather to remember these fallen heroes who laid down their lives for the very freedom our flag represents.

It is only natural that the panorama of this day be blessed with bold colors of red, white and blue. Those colors paint a portrait of patriotism, pride and gratitude on our minds and engrave in our hearts

an unending sense of pride in being an American.

President Benjamin Harrison understood how

their sacrifices embody the very essence of our flag and what “Old Glory” stands for.

He said, “I have never been able to think of the day as one of mourning ... I have rather felt that the flag should be at the peak, because those whose dying we commemorate rejoiced in seeing it where their valor placed it. We honor them in a joyous, thankful, triumphant commemoration of what they did.”

We can continue our commemoration of our fallen comrades by showing the same respect and reverence for our flag that they fought and died for. They were the defenders of our faith ... our faith in our country ... a faith that is embodied in our flag.

The Youngbloods — Laura, Hunter and Emma — have already taken the memory of Travis to a higher level of reverence.

“When my husband died, they gave me the American flag in his place,” Laura said.

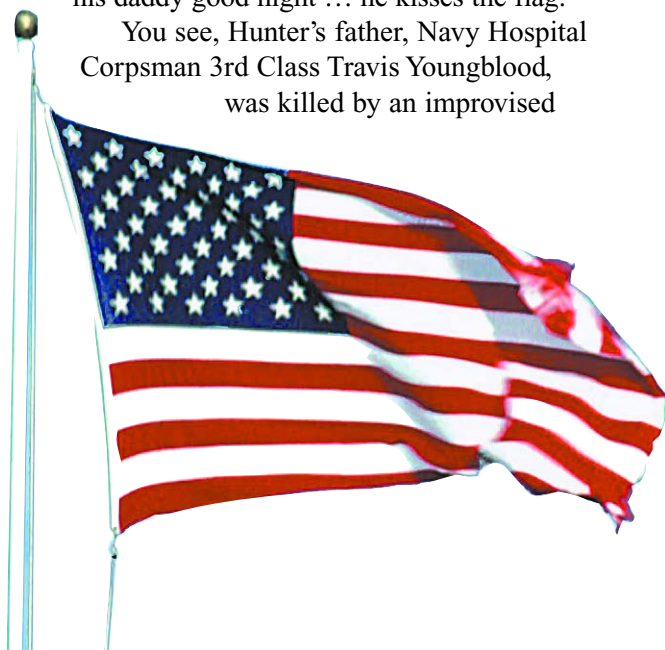
“Every time I see the flag being raised, I feel him near. Every time I see the colors of red, white and blue, I think of his commitment to freedom, and every time I see the wind gently touching Old Glory, I think of how much he loved his country, of his fighting American spirit.”

For Hunter, and many like him, his father’s spirit resides in the flag and what the flag embodies.

“Daddy never gave up,” he told his mother. “Daddy is a hero and an angel.”

Every one of America’s brave men and women who have paid the ultimate sacrifice ... all are heroes and angels.

May God bless them this Memorial Day and every day that follows.



MOUNTAINEER

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NEWS

Army secretary continues to see improvement

by Staff Sgt. Carmen L. Burgess

Army News Service

BAGHDAD, Iraq — Secretary of the Army Francis Harvey made his third trip to Iraq May 10-12, visiting Soldiers from the 101st Airborne Division, 4th Infantry Division and the Iraqi army's 6th Division.

"I have three primary reasons for visiting troops overseas," said the Army's top executive, "insuring the needs of the Soldiers and forces are being met, checking on the adequacy and relevancy of training and equipment, and to see, firsthand, the effectiveness of the Army modular force."

Beginning his trip in Kuwait, Harvey observed Soldiers of the 1st Battalion, 6th Infantry Division, conducting military operations training in an urban terrain site at Camp Buehring. Leaders there explained to the secretary that this is the final place for units to brush up on skills before heading into Iraq.

Operations at the Udairi Training Facility in Kuwait bridge the training Soldiers receive at their home station to the most current techniques being used in combat operations. Training lanes are set up for Soldiers to rehearse tactical movements, route clearances and combat patrols where they apply the

latest procedures being used in Iraq.

Upon arrival in Iraq, Harvey was briefed by Lt. Gen. Martin Dempsey, commanding general, Multinational Security Transition Command – Iraq, on the status of Iraqi Security Forces.

"This is the year of transition," Dempsey said. He explained to the secretary that the building of forces making up the Iraqi ministries of the interior and defense should be complete by the end of this year. "We are preparing for a full transition of the government including battle space, control of the borders, training and institutional processes."

"Although measuring the number of weapons being passed out and the number of buildings going up is more tangible," the general said, "the building and sustainment of (these ministries) is a better marker of success."

Dempsey also shared that "moral ascendancy," marksmanship and training had all vastly improved, giving the ISF an advantage over their enemies.

Since Harvey's last visit, the success of the Iraqi Security Forces has continued to climb. In March 2005, ISF had only 140,000 soldiers; now there are

more than 250,000 troops with 50-60 battalions taking the lead in operations.

As of mid-April, 25 percent of Iraqi day-to-day, company-level and above, operations were run independently. Sixty percent of the patrols in Baghdad were also being run independently by the ISF. Effective border operations within the last year have led to dramatic reductions in the number of suicide attacks across Iraq, dropping the daily average from 75 to 24.

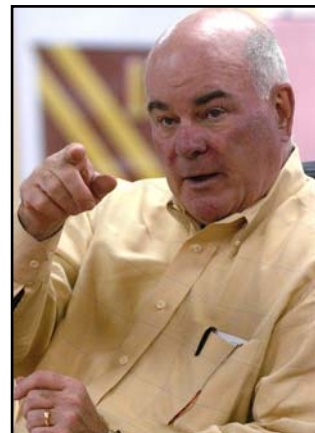
"The strategy of standing up effective security forces is working," said Harvey. "They are seeing excellent progress. I am impressed with both the quality and quantity of trained forces."

The attitude of U.S. troops throughout Iraq impressed the secretary during his trip.

"The morale here is high," he said. "Soldiers know that what they are doing

is important to this country. That is evident by the high retention rates within units like the 101st Airborne and 4th Infantry divisions."

"Thank you for your service," the secretary told each unit he encountered, "you are helping to break a cycle of terror."



Harvey

MWR travel packages make Australian vacations more affordable

Army News Service

ALEXANDRIA, Va. — Morale, Welfare and Recreation patrons will be hard-pressed to beat the cost of an Australian vacation purchased through their Information, Ticket and Registration office.

A five-night stay in Sydney or Melbourne is available for \$838 per person based on double occupancy. The “G’Day Good Deal” packages include three- or four-star accommodations for five nights, round-trip airfare from Los Angeles or San Francisco aboard Qantas Airways and a 15-hour calling card that can be used to dial the United States.

Taxes and surcharges are not included in the base price.

“Normally, when you’re talking about a trip to Australia, your opening bid is \$1,800, at least,” said Dan Yount, chief of Army Leisure Travel Services at the U.S. Army Community and Family Support Center. “This is a major savings.”

Trips to Sydney can be routed through Los Angeles or San Francisco. The Melbourne package is

available only from San Francisco. Travelers are responsible for reaching the debarkation points in California.

Authorized Morale, Welfare and Recreation patrons can access the packages on the Internet at www.ittaustralia.com and begin a step-by-step process of building itineraries to a vacation Down Under.

After preparing the itinerary, they can visit the Fort Carson Information, Ticket and Registration office or an Information, Tickets and Tours office to finalize the booking, confirm arrangements and pay for the vacation.

The Australian packages are a combined Army, Navy and Marine Corps ITR/ITT program available to active duty, members of the Reserve component, retired military, Department of Defense civilian employees and family members.

Travel must be completed before June 8 or between Aug. 1 - 30.

“When you’re looking at Australia, this is kind of

in the fall and winter,” Yount said. “But winter in Australia in the worst place is kind of like winter in Northern Florida. Most times you’re going to be very comfortable in a T-shirt or certainly a long-sleeve shirt and maybe use a windbreaker in the morning.”

From Sydney, host of the 2000 Summer Olympics, to Melbourne to Brisbane, Australia offers sun-drenched horizons, white sandy beaches and sophisticated modern cities.

Aside from its natural beauty, the hospitality and U.S.-friendliness of Australia is rivaled by few countries, Yount said.

Additional day trips can be added to itineraries.

“You can add other tours and segments while you’re there if you want to go up to the Great Barrier Reef or the rain forest,” Yount said.

Check with your local ITT/ITR office for availability.

Editor’s note: Information provided by the U.S. Army Community and Family Support Center.

MILITARY

Warhorse workshop fills Soldiers' desires

Story and photo by
Pfc. Paul J. Harris

3rd Heavy Brigade
Combat Team

BAQUBAH, Iraq — If you can remember high school wood shop class you probably have fond memories of some old guy in suspenders, missing a thumb, making you build a tree house that no sensible bird would ever go in. Welcome to something 180 degrees different.

The carpenter and paint shop on Forward Operating Base Warhorse can build Soldiers anything their hearts desire — as long as they supply the wood. From a custom-made bed to shelves to a whole entertainment center, Sgt. Tim White, noncommissioned officer in charge of the carpenter and paint shop, Headquarters and Headquarters Company, 64th Brigade Support Battalion, 3rd Heavy Brigade Combat Team, and his crew are more than happy to build it.

The shop focuses on constructing smaller projects that Kellogg, Brown and Root can not, due to contractual reasons.

Recently the shop built 14-foot bridges to place along the rain ditches. When it rains there are no drainage systems in Iraq like in the U.S. The water runoff from the road collects in the ditches, forming a medieval-like moat around buildings. Without the foot bridges, Soldiers would be wading through knee-deep water trying to get to work or the dining facility.

Another such project, simple in design yet yielding big results, was placing plexiglass windows in the guard towers along the perimeter of the FOB. The plexiglass helps shield Soldiers from the rain, wind and dust making the towers a little more habitable.

"The thanks we got from Soldiers for doing that job was more than enough retribution for the work we put into it," White said.

Keeping Soldiers well organized and improving their quality

of life has always been the goal at the shop.

"It feels good to help people keep things in order so they are not scurrying around looking for stuff," said Pvt. David Frank, project supervisor, Company A, 64th BSB.

The carpenter and paint shop is a do-it-yourself place where Soldiers can stop by at their convenience to use any of the shop's tools to construct personal projects.

White asks the Soldiers to use their own wood because he has a limited supply. Wood has to be trucked in from Kuwait or Logistical Support Area Anaconda. Due to the length of the journey the wood has to travel, supply gaps can occur in his re-supply inventory. However, with scrap wood a Soldier can use as much as they desire. White, Franks or any of the local national workers will be onhand for assistance.

"As long as you bring a picture (of your design) there is no doubt



Sgt. Tim White, 64th Brigade Support Battalion, 3rd Heavy Brigade Combat Team, shapes a piece of wood to fit a shelf at the Forward Operating Base Warhorse workshop.

See **Workshop** on Page 10

Military briefs

Miscellaneous

Retirement Services moves — To better serve Soldiers, the Retirement Services Office has moved to bldg 1042, the Soldier Readiness Processing site. Offices are located on the third floor within Transitions. Chief, Retirement Services is located in room 313, Survivors Benefit Counselor, room 338, Preretirement/Medical Disabilities, room 302, and Post-Retirement/Final Outprocessing, room 308. Retirement briefings will remain in bldg 1218 (Welcome Center), second floor, room 221, every second and third Wednesday at 8 a.m. For more information call 526-2840.

Prime Power recruiting — The U.S. Army Prime Power School at Fort Belvoir, Va., is looking for specialists and nonpromotable sergeants from any branch to reclassify to Prime Power Production Specialists. Candidates must have a general technical score of 110 with ST and EL scores of 107, have had a minimum of high school Algebra and score at least 70 percent on the Basic Math and Science Test. Classes begin twice per year and applications are accepted year-round. More information can be found at the Web site <https://pps.belvoir.army.mil> or call Sgt. 1st Class Stephen Hester at (703) 806-3748.

Joint Personal Property Shipping Office — The Joint Personal Property Shipping Office is scheduling group briefings to accommodate Soldiers set to depart the Mountain Post this summer. Individual briefings will not be held except in emergencies. Beginning Wednesday, all briefings will be group briefings. Soldiers must make an appointment to attend group briefings by calling 526-3755 or stopping by bldg 1220.

Welcome Center changes hours — The Welcome Center, bldg 1218, has new hours. Hours of operation are Monday-Friday, 7 a.m.-5 p.m.

Officer Candidate School board — OCS local board packets must be turned in to the 502nd Personnel Services Battalion, bldg 1118, room 308, no later than July 10. Packets will be consolidated and those meeting eligibility requirements will be scheduled for the local OCS board to be held July 17-18 at the Elkhorn Conference Center, bldg 7300. Those candidates approved will be forwarded to the Department of the Army for approval during the week of Sept. 11. For more information call 526-2115/6481.

Learning Resource Center offerings — The Learning Resource Center, located in the Education Center, bldg 1117, room 216, offers academic review including GT preparation, GED assistance, placement tests including SAT, ACT, GRE, GMAT and more.

Patrons may also use computers to check e-mail, surf the Internet or navigate desktop application tutorials. Hours of operation include Monday-Thursday 9 a.m.-8 p.m. Friday 9 a.m.-5 p.m. and Saturday 10 a.m.-3 p.m. For more information call the Learning Resource Center at 526-4058/8077.

DPW services — Do you know who to call when a windstorm causes damage to your facility, overflows a portable latrine or when trash containers are overflowing? The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — LB&B service order desk at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Virgil Redding at 526-6676 when needing trash containers, trash is overflowing or emergency service is required.

- Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.

- Elevator maintenance — Call Larry Haack at 526-6669.

- Motor pool sludge removal/disposal — Call Don Phillips at 526-9271.

- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.

- Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

- Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

Please note the above phone numbers and POCs do not apply to family housing facilities.

CIF Hours

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m.-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30 a.m.-11:30 a.m.

Initial issues

Mondays through Fridays from 7:30-11:30 a.m.

Partial issues

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Cash sales/report of survey

Mondays through Thursdays from 7:30-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30-11:30 a.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays call 526-3321.

Unit issues and turn ins

Call 526-6477/5512 for more information.

Hours of operation

Education center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

- **Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.

- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

- **Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.

- **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m., closed training holidays.

Military Occupational Specialty Library — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m, closed Friday and federal and training holidays.

To make a personnel claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Indianhead Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Striker Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Post shuttle

The post shuttle runs from 8 a.m.-8 p.m. Monday through Friday, excluding holidays. The last pickup is at 6:57 p.m.

Here's a list of stops and times (expressed as minutes past the hour):

1. 43rd ASG barracks, bldg 756, :00-:30
 2. * Welcome Center, bldg 1218, :02-:32
 3. * MEDDAC barracks, bldg 1013, :04-:34
 4. * SRP site, bldg 1042, :07-:37
 5. Across from McKibben Gym, bldg 1049, :09-:39
 6. Family Connection, bldg 1354, :11-:41
 7. IG Office, bldg 1659, :13-:43
 8. 3rd HBCT Hq, bldg 1852, :15-:45
 9. Barracks, bldg 2060, :16-:46
 10. * 2nd BCT Hq, bldg 2350, :17-:47
 11. Barracks, bldg 2450, :16-:46
 12. Reserve Training Center, bldg 3450, :21-:51
 13. * Occupational Health, bldg 2059, :25-:55
 14. * Outdoor Rec, bldg 2429, :28-:58
 15. 10th SFG, bldg 7416, :34-:04
 16. Golf course, bldg 7800, :39-:09
 17. * Evans Hospital, bldg 7500, :43-:13
 18. * Colorado Inn/Elkhorn, bldg 7301, :46-:16
 19. * Main PX, bldg 6110, :49-:19
 20. * Mini-mall, bldg 1510, :51-:21
 21. * Army Community Service, bldg 1526, :53-:23
 22. Xtremes, bldg 1532, :55-:25
 23. Lot across from HQ, bldg 1430, :57-:27
- * These stops connect to a Metro City Bus link.

Briefings

Special Forces briefings — will be held Wednesdays at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.

ACAP briefing — The Army Career and Alumni Program preseparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. All users of ACAP must know their Army Knowledge Online user name and password. ACAP preparation briefings are held Monday through Friday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m, bldg 1118, room 133. Call 526-1002 to schedule the briefing.

Army cooks fill bellies with home cookin'

Story and photo by Pfc. Paul J. Harris

3rd Heavy Brigade Combat Team

BALAD, Iraq — The Army dining facility at Forward Operating Base Paliwoda is a wall of sounds that would make Phil Specter proud. You have American Forces Network playing sports and news on the two big screen TVs in the front corners of the room.

Soldiers are coming and going with sounds of laughter because someone told a funny “your mom” joke at one of the dining tables. In the background are the sounds of clanging metal pots and pans slightly drowning out the lone Army cook chopping away at a cucumber.

Wait, Army cook? Yes, there are Army cooks that actually cook for Soldiers in Iraq. Kellogg, Brown and Root provide most of the culinary staff for the dining facilities across Iraq. Most of the Army cooks have been tasked out to other units performing various jobs like gunners on logistics patrols or pulling force protection on different FOBs. There are a select few that still cook, an example being FOB Paliwoda.

The dining facility on FOB Paliwoda feeds about 750 Soldiers per meal, according to Staff Sgt. Solangie Bandon, dining facility manager, Headquarters and Headquarters Company, 3rd Special Troops Battalion, attached to 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team. The food is brought up from Kuwait through Logistical Support Area Anaconda before reaching FOB Paliwoda.

On LSA Anaconda there are four dining facilities that serve a wide variety of foods from fish to Mongolian stir fry. On FOB Paliwoda there is only

one DFAC and is limited to the types of items it can serve due to it being classed as a field DFAC. LSA Anaconda’s DFACs are considered garrison DFACs and have a broader range of items they can prepare.

“We cannot cook any raw food,” said Bandon. “All of our food must arrive precooked.”

Even with limited items available for ordering, Bandon and her team make sure Soldiers have three nutritious cooked meals available seven days a week. A recent meal on Sunday consisted of T-bone steak, fried scallops and corn-on-the-cob.

“We do not serve Meals, Ready to Eat,” Bandon said.

The day starts early for the cooks, around 5:30 a.m. and ends late with self service ending at midnight. Staffing an operation that is almost 24-hours is a constant challenge, especially when Soldiers are not available because of mid-tour leave, said Bandon. Most of the cooks work all day, seven days a week with little time off.

Though the hours are long, Spc. Kenneth Jamerson, cook, HHC, 3rd STB, attached to 1-8 CAB, is happier about the conditions of this deployment compared to the last time he was deployed to Iraq in 2003 with the Iron Brigade.

“We have a place to sleep, a place to shower and you can go to the latrine instead of going in the woods,” said Jamerson. “It is not as hectic as last time. Last time we were cooking in full battle rattle.”

The thought of cooking in full gear in 120 degree heat is something Sgt. Jason Miller, cook, Forward Support Company, 1-8 CAB, does not want to remember. He was deployed with the Iron Brigade to Iraq in 2003 and this is his second time



Spc. Al-Lorenzo Williams, cook, 3rd Heavy Brigade Combat Team, prepares a batch of french fries in preparation for an evening meal on Forward Operating Base Paliwoda near Balad, Iraq.

cooking at FOB Paliwoda.

If it is 120 degrees outside, it feels like it is 100 degrees warmer inside the kitchen especially when you have all the burners going at once, Miller said.

Soldiers are instructed to drink plenty of fluids and take necessary breaks when the heat inside the kitchen gets to extreme levels. Additional air conditioning units have been ordered to combat the heat problem inside the kitchen but the cooks are used to dealing with adverse conditions.

“You suck it up and drive on,” Miller said.



Photos by Spc. Clint Stein

Rendering a salute

Above: Soldiers in 2nd Battalion, 12th Infantry Regiment, and members of the unit's honor guard present arms while Taps is played during a memorial service for Sgt. Daniel M. Quaine who passed away May 7.

Right: A photo of Quaine, along with his boots and Kevlar, are displayed at Soldiers' Memorial Chapel May 11 during his memorial service. Quaine was first assigned to the 506th Infantry Regiment at Camp Greaves, Korea, with a subsequent deployment to Iraq before redeploying to Fort Carson. He is survived by his wife, Nina and two daughters, Ava and Elenie.



Iraqi police welcome added protection

by Sgt. Zach Mott

3rd Heavy Brigade Combat Team

BAQUBAH, Iraq — They're blue. That's the first thought that jumps to mind. The bright blue of the three Humvees six members of the Iraqi police trained four days to learn how to properly maintain and operate justifiably earn their nickname, "Smurfvee."

"At first (the IPs) were worried about sticking out, but we pointed out that they had the same paint scheme as everything else that they drive," said Sgt. Andrew Turner, the course instructor from 2nd Platoon, 978th Military Police Company out of Fort Bliss, Texas.

Currently, Iraqi police drive pickup trucks with little to no armor when compared to the newly acquired vehicles. These are believed to be the first Humvees given to a police unit in Iraq.

Many Iraqi army Humvees and other military-looking vehicles now dot the roads around Iraq, but it is the blue of the Smurfvees that is sure to attract a lot of looks. But, more importantly, these vehicles will help protect the occupants from small arms fire and shield them from the impact of an improvised explosive device.

"(With) the added armor (it) doesn't really matter what's on the outside because they're going to be targeted (by



While conducting an off-road test drive, an Iraqi policeman splashes mud at Forward Operating Base Warhorse. Iraqi policemen conducted a four-day training session before taking control of three Humvees.

the insurgents) anyway, but they're going to be safer driving this," Turner said.

The six Iraqi policemen attended four days of training at Forward Operating Base Warhorse, learning everything from basic specifications of these vehicles to driving them at night, off road and on patrol before they could call them their own.

"Initially, when they showed up they thought they were going to take them home with them that day and have them with them everyday. We told them they couldn't take them home just yet, so they were a little bit disappointed," Turner said. "But they're definitely

excited about having them. They've been learning in class very well, very excited to learn. They show up every day with smiles on their faces, ready to get to it."

One such IP who was "ready to get at it" was Sgt. Omar Mohammed Khalifa, an IP mechanic. With his technical background, he said he was happy to learn what was under the hood of the armored beasts. But, to him what was more important was what the vehicle could add to the overall mission.

"We're doing all this because we want to perform our duty to protect our country and our people," he said.

Citizens

From Page 1

papers meant the end of the long journey from immigrants to the beginning of a new one as citizens. The emotion of the ceremony got to Onder as the oaths were rendered. She fought the tears of joy knowing she could now go forth as an American citizen.

Before the ceremony concluded President George W. Bush gave a taped message to the newly inducted citizens.

"Today the United States is not only your home it is your country," Bush said. "With a single oath all at once, you became as truly American as the most direct descendant of the founding fathers. You are now an important part of the great democracy ... I am proud that you are citizens of our country. I am honored to be your president."

Fifty-two countries were represented by the 120 Soldiers who had endured a six-month application process. The process included an interview which the applicant had to demonstrate the ability to write and speak a sentence in English and pass a 100 question exam for the right to become a U.S. citizen.

Workshop

From Page 5

in my mind we can build it," White said.

If Soldiers do not have the time to wait at the carpenter and paint shop, they can go to the mayor's cell and fill out a work order, said Capt. Michael Olson, commander, HHC, 64th BSB.

The mayor's cell is responsible for the quality of life on FOB Warhorse and is the main liaison between tenant units and KBR. The cell will place the order with the carpenter and paint shop and make sure there is a quick turn around. A bed or shelves for a Soldiers' containerized housing unit can be made in 15 minutes by the workers at the shop. The shop has 10 local Iraqi workers to help build and paint projects.

"I am impressed with their quality of work. They do a great job, a fast job," Olson said.

In addition to working at the shop, the local nationals also maintain grounds of the garden memorial for Soldiers who have died in Operation Iraqi Freedom who were headquartered at FOB Warhorse.

Keeping the work quality high and the shop staffed are a tough challenge for Olson. Since the quality of work the local nationals provide is of a premium grade, they are often recruited from the carpenter and paint shop to provide contract work for other companies.

Olson does not want to imagine the staffing nightmare that would occur if there was no carpenter and paint shop.

Without the carpenter and paint shop, Soldiers would be drawn away from their original jobs and take time away from the mission, said Olson.

Whether it is building bed posts or bridges, White and his team are always willing to go the extra mile for Soldiers' comfort.

"If there is anything that we can do for the Soldier to make their time here more enjoyable we are more than glad to do it," White said.

Caches discovered near Balad

3rd Brigade Combat Team

BALAD, Iraq — Three caches were discovered in recent days by members of the 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers.

The first two caches were discovered south of Balad by Bulldog Troop, 2nd Squadron, 9th Cavalry, 3rd HBCT, 4th ID, Task Force Band of Brothers Thursday. These caches consisted of four rocket-propelled grenade heads and propellant, two RPG

launchers, two unknown rockets, one 82 mm mortar tube, one tripod, one homemade rocket launcher, one 60 mm rocket, one unknown rocket in green canister, one box of detonators, 400 rounds of 7.62 ammunition, one heavy machine gun and one assault rifle.

A third cache was discovered by Bulldog Troop Saturday in an area south of Balad, near where the first two caches were found. This cache consisted of: four RPG rounds, three anti-personnel RPG rounds, three RPG launchers, five mortar rounds of

various sizes, one 60 mm rocket, one AK rifle grenade, four anti-personnel mines, four mortar fuses, 100 to 150 unknown grenades, six illumination rounds, 500 rounds of 7.62 linked ammunition, one bottle of unknown liquid, four bags of unknown white powder, one bag of gun powder, one motorcycle battery and electronic equipment for an improvised explosive device. This cache was destroyed via a controlled detonation by an Explosive Ordnance Disposal unit.



Three rocket-propelled grenade launchers and other forms of ammunition are inventoried after found in Balad, Iraq, by members of the 3rd Heavy Brigade Combat Team.

COMMUNITY

Stress resiliency: how to bend, not break

by Marcie Birk

U.S. Army Center for Health Promotion
and Preventive Medicine

A tree can bend and twist in the wind, then stand-up straight again. The quality that lets a tree bend without breaking is called resiliency.

People can be resilient also. A resilient person is better able to bounce back after change or misfortune. Building resilience raises one's tolerance to stress, so that stressful situations have less negative impact on the body and mind.

Rather than a stumbling block, stress can be used as a stepping stone to personal growth.

Al Siebert, an ex-paratrooper with a Ph.D. in psychology from the University of Michigan, is internationally recognized for his survivor personality research.

He lists the following as characteristics of resilient people.

Resilient people:

- Learn from experience. They ask, "What is the lesson here?"
- Are playful and curious. They ask questions. Play with new developments. Make mistakes. Laugh.
- Adapt quickly. They are flexible and understand contradictory personality qualities.
- Have solid self-esteem and self-confidence. Self-confidence is your reputation with yourself.
- Maintain good friendships, loving relationships. Loners are more vulnerable to stress.
- Are honest about feelings. Resilient people feel all emotions: anger, love, dislike, appreciation and grief.
- Are optimistic. They expect things to work out well.
- Are empathetic. They can put themselves in someone else's shoes.
- Defend themselves. They avoid and block attacks. Resilient people see through and side-step cons, "games," and manipulations that others attempt. They find allies, resources and support.

According to the University of Arizona Life and Work Connections program, resiliency is not an either-or proposition but occurs on a continuum. More importantly, resiliency can be developed through constructive responses to stressful situations.

Specifically, resiliency can be built by doing two things during a stressful situation: staying calm and taking an honest look at the situation.

Stay calm

Calming oneself enough to deal appropriately with a situation usually involves traditional stress-management techniques such as relaxation, deep breathing or positive self-talk. While these traditional techniques are helpful in

the short-term, building long-term resiliency to stress involves a second step: taking an honest look at the situation.

Take an honest look

When faced with a stressful situation, take a step back and look for the reasons the situation is so upsetting. Questions to ask oneself include:

- Am I depending on someone else to make me feel important?
- Am I too emotionally invested in this situation?
- How is my behavior contributing to the situation?
- Do I need to set a boundary? Do I need to say "no"?
- Am I keeping the issue in perspective?

After these questions have been answered, the final step in building resiliency is to learn to respond to a stressful situation based on core beliefs and values. This final step involves time and effort but will result in personal growth which will help one manage adversity in the future.

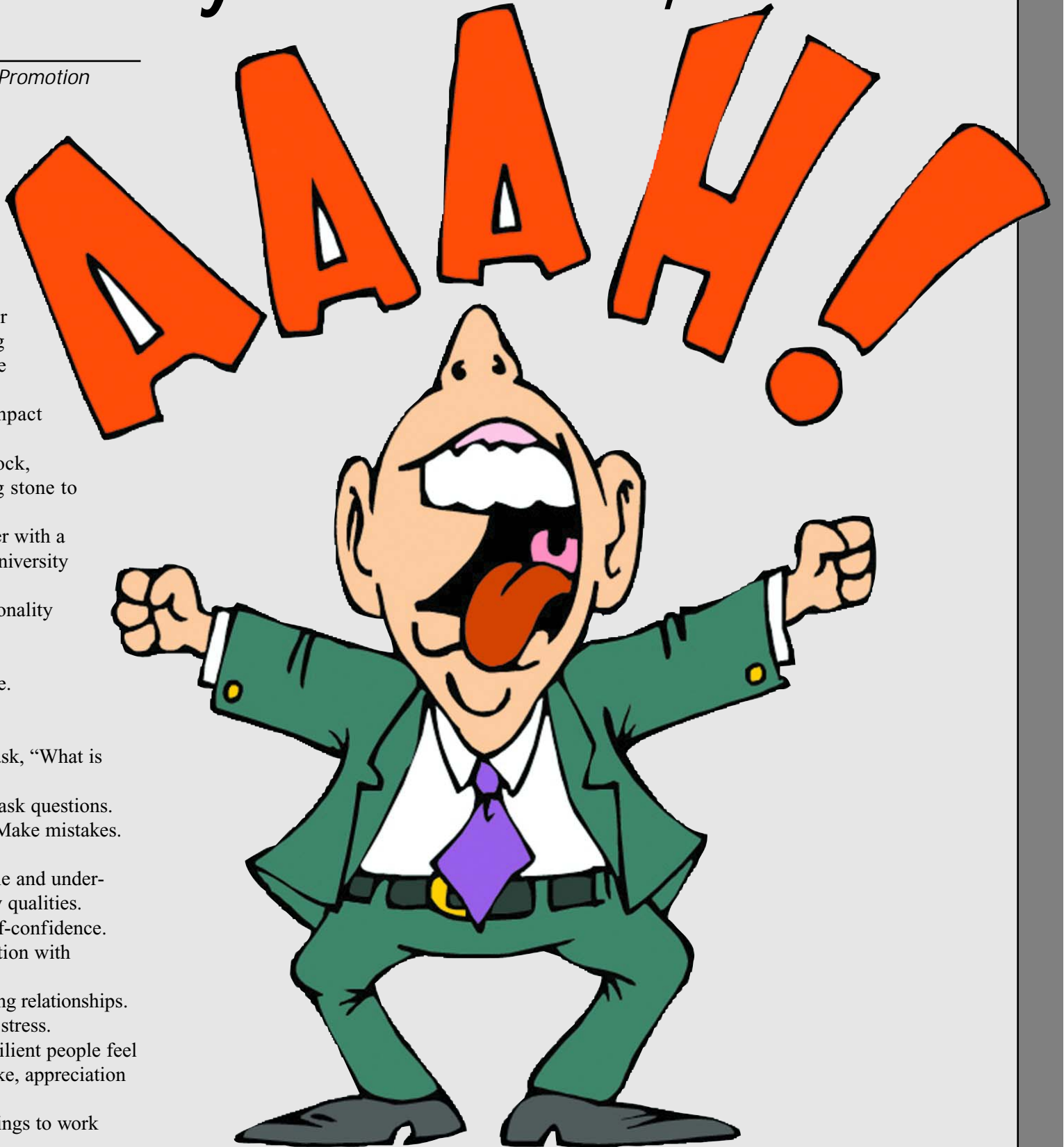
The personal growth and change needed to develop resiliency may encounter barriers such as:

- Focusing on the negatives instead of the positives. Shortcomings and obstacles become the center of attention, at the expense of strengths and opportunities. This results in unnecessary distress and discouragement.
- The perception that tasks are inflexible, demands must be met, with no room for discretion, choice or modification.
- The tendency to underestimate or not recognize one's own competence.
- The tendency to base one's self-esteem on the reactions of others.

Awareness of these barriers can decrease their impact as one works to build resilience. For more information on building resiliency to stress, visit the Internet at:

www.gwumc.edu/sphhs/imhi/initiatives/resilience/index.cfm.

<http://lifework.arizona.edu/ea/articles/resiliency.php>.



Community briefs

Miscellaneous

Military Spouse Appreciation Week — The Directorate of Morale, Welfare and Recreation and the Freedom Performing Arts Center host “Art Guffaw” Saturday with performances at 1 and 3 p.m. For more information call 526-1867.

AFGE, Fort Carson work in partnership — The Department of Defense issued a policy that mandated the use of hands-free devices on cell phones while driving on federal installations. However, in an effort to enact this safety policy, prior to implementation, the agency (Fort Carson) and the union must complete federally mandated negotiations on the impact to bargaining unit employees on Fort Carson. This process is on going.

The union and management are concerned for the safety of all employees and strongly encourage the use of hands-free devices. If you do not have a hands-free device, pull your vehicle to the side of the road to complete your phone call. The life you save may be your own.

MOAA meeting — The Military Officers Association of America, the Pikes Peak Chapter, invites all active and retired military officers to a special presentation by Maj. Gen. Paul G. Sullivan, chief of staff for North American Aerospace Defense Command and Northern Command.

Sullivan will give a presentation on the military mission of both organizations followed by a question and answer period. The event is June 1 at Peterson Air Force Base Officers’ Club at 7:30 a.m. Cost for a select continental breakfast is \$3.50 or a full breakfast for \$7. No reservations are required. For details call Karin Manning at 574-1986 or Max Borysko at (303) 647-0405.

Summer reading program — Grant Library is accepting registration for the summer reading program. Pet lovers are invited to join the “Paws, Claws, Scales and Tales” program. The 2006 summer reading program is open to youths 5-12. The library will host readings, songs, crafts and other activities each Wednesday from 10-11 a.m. beginning May 31 through July 12. There will be no program July 5.

To help encourage reading throughout the summer, readers will set goals for the season and families are invited to the read-to-me portion of the program. Registration begins May 31. For details call Kevin Bokay at 526-8144 or e-mail Kevin.Bokay@us.army.mil.

Stars and Stripes Father’s Day messages — Stars and Stripes newspaper offers a free online message posting service for Father’s Day. Messages will be accepted until May 30. Messages will be printed in the paper and displayed online. Visit the Web site at <http://fatherday.stripes.osd.mil/> for details and posting.

Armed Forces Bank hours — Beginning June 10, the drive-up services at Armed Forces Bank will change to Monday-Friday 8:30 a.m.-5 p.m., closed Saturday and Sunday. Other services remain unchanged.

Scholarships — ThanksUSA.org has been allocated \$4 million in scholarship funds by Congress to be awarded to spouses and children of military members. Scholarship applications must be received by May 30. For details visit the Web site at www.thanksusa.org/main/index.html.

Canine competition — If you enjoy running and have a canine companion that does too, participate in the 5K Pet Fun Run Saturday. The event happens at Turkey Creek Ranch. Registration is free and begins at 8 a.m. at the OK Corral. The race begins at 9 a.m. Prizes include veterinary services, grooming and other gift certificates. For details call 526-9841.

Chiropractic clinic moves — Evans Army Community Hospital is realigning clinics to better serve the existing patient base. As part of the realignment, the chiropractic clinic is being moved from the west end of the second floor of Evans to

bldg 1150, located on the corner of Ellis and Berkeley. The clinic will be closed for moving through Monday and will begin serving patients at the new location Tuesday. New hours of operation will be: Monday-Thursday, 7 a.m.-4:30 p.m.; Friday, 7 a.m.-3:30 p.m. The clinic will be closed from noon-12:30 p.m. for lunch. The phone number for the clinic remains the same; 526-7834.

Appointments should be made by calling 264-5000.

PT route changes — Beginning May 30, the installation physical training run route will move from Magrath Avenue to Minick Avenue and the tank trails. Minick Avenue and the tank trails will be closed to vehicular traffic from 6:30-7:30 a.m. Beginning May 30, Magrath Avenue will remain open for traffic during normal PT hours.

Teen Scene at EACH — Teenage mothers and moms to be are invited to a program at Evans Army Community Hospital. There will be “how to” classes, field trips and games. The group meets the second Wednesday of the month in the third floor conference room at EACH. Call Rhonda Tulensa at 526-7030 or Carissa Sullivan at 526-7090.

Build-A-Bear for charity — Attend a Build-A-Bear Workshop Saturday at Chapel Hills Mall for Ronald McDonald House Charities. The event is part of the sixth annual Build-A-Bear Workshop Stuffed with Hugs charitable program. The first 200 guests can make a special bear for free to be donated to Ronald McDonald House Charities. The event starts at 10 a.m. Call 532-7265 for details.

Falcon Wanderers — The Falcon Wanderers Volksmarch Club of Colorado Springs is a nonprofit organization that promotes a healthy lifestyle through walking.

Each month the club conducts a Volkssporting event. Volkssporting is a family oriented, noncompetitive walk. The event is free and open to the public. The next event is May 27 at Lovell Gulch near Woodland Park.

Start at 8 a.m. and register for a five-kilometer, 10-kilometer or 12-kilometer trail. Walkers must finish by 2 p.m. Leashed pets are welcome. Jogging strollers can complete the trails with difficulty. For details call 640-6745, 632-9320 or 667-5662.

5th Bn, 7th Cav reunion — The 5th Battalion, 7th Cavalry Association hosts its biennial reunion July 30-Aug. 6 in Colorado Springs at the Academy Hotel. For information call Garry Owen at 390-3684.

Soccer camp — A free soccer camp will be held July 7 from 8:30 a.m.-3:30 p.m. at the field next to Forrest Fitness Center. The event is cosponsored by the Exceptional Family Member Program and the National Sports Center for the Disabled. Registration begins May 31. The camp is open to all EFMP enrolled or qualified families. Preregister by calling 526-4590.

Host an exchange student — Foundation for Intercultural Travel, a State Department designated exchange visitor program, is currently matching international students ages 15-18 with host families in the local area.

Families of all types are eligible to host, retirees to single parent families. Students arrive about one week before your school’s start date and bring their own money for clothes, entertainment and miscellaneous expenses. They have their own medical insurance.

Host families agree to provide room and board and to include the student as a family member. All students speak English. For details call (877) 439-7862.

Risk Communication Workshop — An introductory risk communication workshop will be held Aug. 22-24 at Embassy Suites Hotel in downtown Colorado Springs. Register online for this event at <http://chppm-www.apgea.army.mil/risk> or e-mail Suaquita.Perry@us.army.mil. Call (440) 436-4936 for more information.

YMCA Military Outreach — The YMCA located at 2190 Jet Wing Drive hosts a variety of



Army Community Service
Family Readiness Center, Bldg 1526
TEL: (719) 526-4590

3rd ACR Relocation Workshop



Preparing to PCS?
If so, this workshop is for you.
The ACS Relocation Readiness Program will be offering Relocation Workshops to provide you and your family with the useful information to help answer the many questions you may have about relocating. We here at ACS, want to make you & your families transition as smooth as possible.

Monday, 22 May Tuesday, 23 May

6:00P.M. to 8:00P.M.

McMahon Theater

Limited childcare available. Prior registration for the workshop and childcare are required.

family-oriented programs geared toward military families. For more information call Lorraine Thorson at 622-3564.

Free shipping supplies — The U.S. Postal Service is offering free mailing supplies to military spouses and family members. The kit includes enough supplies to send 15 packages, including tape and customs forms. To order call (800) 610-8734, press 0 for customer service and ask for “care kit.”

Post Traumatic Stress help — “LZ Calvary” is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successively dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God’s word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jetwing Drive. Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

Alcoholics Anonymous — Alcoholics Anonymous meetings are held at Soldiers’ Memorial Chapel Wednesdays at 7 p.m. For more information call 322-9766.

Head Start seeks volunteers — Community Partnership for Child Development/Head Start needs bilingual volunteers fluent in Spanish and English to assist with Head Start enrollment events through August. Volunteers will escort Spanish speaking families through the enrollment event, assist parents with paperwork, assist children as they receive free dental and medical exams.

Events are afternoons, evenings and weekends, involve four-five hours and are held at locations in Colorado Springs. Call 635-1536, ext. 276.

Claims against the estate — Anyone having claims against or indebtedness to the estate of PFC Grant A. Dampier, deceased, should contact 2nd Lt. Jared W. Souder at 330-3547.

Former Soldier shares tale about going AWOL

by Sgt. Kevin Stabinsky

Army News Service

Though he said he'd never use it, "Jay" carried an extra round in his helmet — a last resort to avoid capture in Iraq. But the minuscule weight of a single cartridge of 5.56 mm ammo was nothing compared to the heavy thoughts he carried in his head.

Jay, a former Fort Polk Soldier, didn't want to be in Iraq. He longed to be with his wife as she prepared for the impending birth of their first child, and found himself slowly drowning in thoughts of how to get home.

Jay's answer was the bullet jingling in his helmet. The round he vowed never to use soon found itself passing through his right foot.

"I tried to go through my chain of command the right way to get home, but when that didn't work, I decided to do it my way," he said.

Rather than a way to his wife and soon-to-be-born child, Jay's plan got him a ticket back to Fort Polk for

medical evaluation and treatment. Already frustrated, he did what few would expect a Soldier with a bad foot to do — he took off "running."

War increases number of AWOL Soldiers

Jay's actions aren't unique. According to Pentagon estimates, nearly 5,500 military personnel have deserted the armed forces since Operation Iraqi Freedom began in 2003. Though there has been a decrease in recent years (2,479 in 2004 from 3,681 in 2003), the problem has still grown exponentially. Since

1995, there has been an almost 300 percent increase in Soldiers absent without leave, or AWOL.

A 2003 study by the U.S. Army Research Institute for Behavioral and Social Science — "What We Know About AWOL and Desertion" — shows war tends to increase the number of desertions. War and the fear of death and injury are not the major reasons Soldiers go AWOL, however. The study revealed that 33 percent of Soldiers leave due to family problems, while 31 percent leave due to a failure to adapt to military life.

Capt. John Lybarger, a former company commander at Fort Polk, said he processed approximately 20 AWOL cases a month and saw similar trends. Lybarger said family issues are the main cause for Soldiers going AWOL, with financial problems following closely behind.

"A lot of Soldiers find out they can't live the lifestyle they want and end up getting in deep debt," he said. "Rather than seeking help from their commander and noncommissioned officers, they try to run from their problems."

No matter the reason, being AWOL is a serious offense under the Uniform Code of Military Justice,

said Capt. Sean Mangan, Fort Polk's chief military justice prosecutor.

Under UCMJ, article 86, a Soldier is considered AWOL if "without authority they fail to go to their appointed place of duty at time prescribed, goes from that place or absents himself or remains absent from his unit, organization or place of duty at which he is required to be at the time prescribed."

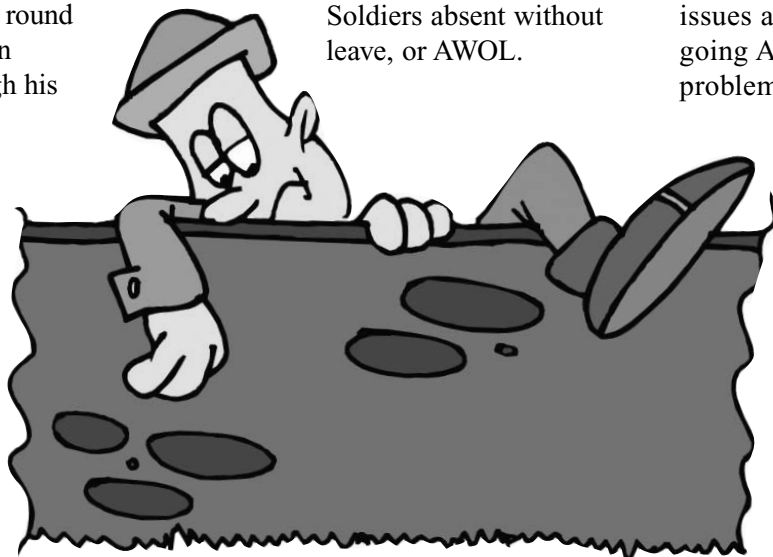
From Soldier to fugitive

After 30 days, a Soldier is dropped from the rolls and classified as a deserter (Article 85). At this point, a federal warrant is issued and the AWOL Soldier's name is entered into the National Crime Information Center, a federal database that tracks outstanding warrants, Lybarger said.

While Soldiers may go AWOL for freedom, this database essentially turns them into fugitives.

"It was really hard (being on the run), knowing any minute a cop might sneak up on you and haul you back in," Jay said.

A sense of freedom wasn't the only thing Jay lost when going AWOL. He missed his child's birth by a few days and his marriage dissolved not long after.



Remember fallen veterans Memorial Day

**Commentary by Chap.
(Maj.) Matthew Ahn**

71st Ordnance Group

Someone once said, "The 'Memorial' in Memorial Day has been ignored by too many of us who are beneficiaries of those who have given the ultimate sacrifice."

"Often we do not observe the day as it should be, a day where we actively remember our ancestors, our family members, our loved ones, our neighbors, and our friends who have given the ultimate sacrifice."

How can we observe Memorial Day?

As the 71st Ordnance Group (Explosive Ordnance Disposal) chaplain, I recently had a great opportunity to attend the 37th Annual Joint Service Memorial Service for the EOD Soldiers, Marines, airmen, and sailors held at Eglin Air Force Base, Fla. We all know that we are at war, fighting the Global War against Terrorism. It grieves us to watch news or to read the newspapers on service members who were killed or wounded in the line of duty.

The EOD service members have

a critical mission to make improvised explosive devices safe, which requires extreme personal risk. There were 14 more names of EOD service members who have died in 2005 and early 2006 that were added to the Memorial Wall during the service, joining 187 men and women who died since the declaration of World War II and the creation of the EOD specialty.

Beautiful wreaths were dedicated to them and folded American flags were presented to the family members whose loved ones were

killed in the performance of duty. These family members had to relieve their bitter grief and my heart broke when I saw them sobbing.

After the service, I spoke with Rev. Arthur Craig who participated in the service and officiated the invocation and benediction. He told me, "My son, who served with one of your EOD companies, was killed in the line of duty four years ago in Afghanistan. I miss him so much, but I am proud of him and he is in my heart."

His words really touched me.

Since the start of Operation Iraqi Freedom, more than 2,300 Soldiers have sacrificed their noble and precious lives while fighting against terrorism to defend the freedom and peace of the world.

As we observe this Memorial Day, let us remember the sacrifices of those who have died on our behalf, pay our tribute to them by visiting cemeteries and placing flags or flowers at their resting places, by visiting memorials and by participating in a "National Moment of Remembrance" at 3p.m.

Let us pause to think upon the true meaning of the day and listen for Taps to be played, and pray for the families who paid the ultimate price, whose loved ones died, or were taken captive and never returned.

The Bible says, "*Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.*" (John 12:24).

Let us recognize that we enjoy our freedom and peace because of the ultimate sacrifices of those precious lives. Let us be thankful to them and not allow their sacrifice to be in vain.



Chapel

Catholic religious education — The Catholic Religious Education process will begin Aug. 28. Registration forms are available at Soldiers' Memorial Chapel in the library. For more information contact Pat Treacy at 524-2458.

Catholic faith information classes — Inquiry sessions will begin July 17, 8 a.m. at Soldiers' Memorial Chapel. Adults who are interested in becoming Catholic and those who want to learn more about the faith are encouraged to attend. Call Pat Treacy 524-2458 or Chap. (Col.) Richard Goellen at 526-5769.

Fiesta Vacation Bible School — will be conducted at Soldiers' Memorial Chapel June 12-16, 9 a.m.-noon. Registration will continue through May 28 or until slots are filled. Fiesta Vacation Bible School is for children age 4 through sixth grade. Parents are invited to join in the fun. Volunteer positions are available. Those interested in volunteering should contact Amy West at 337-7399. Child care for children under age 4 is provided for volunteers.

Calling all volunteers — Volunteers are needed for chapel programs. Contact Dennis Scheck at 526-5626.

Youth program invites sixth-12th graders — The chapel youth program invites all sixth-12th grade military youths to Soldiers' Memorial Chapel Sundays from 4-5:30 p.m. Individual programs are offered for grades six-eight and nine-12.

The program is sponsored by the Fort Carson Protestant and Catholic congregations.

For more information call Chap. (Capt.) Rick Cantrell.

New Services — The Lutheran/Episcopal service starts Sunday at Prussman Chapel. For more information call Chap. (Lt. Col.) Michael McEwen at 526-0459 or Sgt. Michael Custer at 526-0453.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Züst/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoan	Veterans'	Titus	Deputy office/526-3888

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

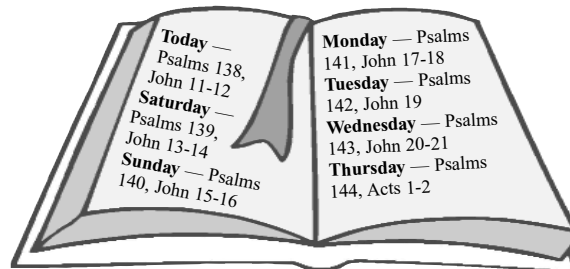
WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer —

Please pray this week for the following:

Unit: For the Soldiers and leaders of the Army National Guard 116th Cavalry Brigade, a separate enhanced brigade, headquartered in Boise, Idaho, mobilized in support of Operation Iraqi Freedom.

Army: For the physicians serving in the Medical Corps and their ongoing work in medical research and care for the health needs of Soldiers and family members around the world.

State: For the Soldiers and families from the U.S. Virgin Islands. Pray also for Gov. Charles

Wesley Turnbull, the legislators and municipal officials.

Nation: For the Secretary of Agriculture, Ann Veneman. Pray for this agency as it works to enhance the quality of life for the American people and in its support of agriculture and the nation's farming industry.

Religious: For all Soldiers and families from the American Muslim Council. Pray also for all chaplains endorsed to serve on behalf of this community of faith.

For more information on the Army Cycle of Prayer visit the cycle's Web site at www.usarmychaplain.com

Good planning helps make summer safe

American Red Cross

Summer is just around the corner, time to start planning for some fun and adventure. With so many things to do during the summer and only a few short months to do it — it's a good idea to sit down and come up with a summer family fun plan.

How should you start your family's fun plan? Are you preparing for Saturday pool parties or picnics? Whatever your plan includes, remember, the most important part of any plan is safety.

"We all want a summer to remember but those memories shouldn't include tragedy," says David, Just, American Red Cross, Pikes Peak Chapter chief executive officer. "Most drowning fatalities and accidents can be prevented if we learn to combine safety with fun."

Following these simple rules can help you make the most out of your plans:

- Learn to swim and swim well. One of the best things anyone can do to stay safe in and around the water is learn to swim. No one, including adults, should ever swim alone.

- Never leave a child unattended near water. Because it only takes a second for a small child to fall into a pool or to be pulled into beach water by a wave, adult supervision is always required when children are near water. Adults should practice "reach supervision" which means to be within arm's length of a child in case an emergency occurs.

- Be equipped before entering the water. Always keep basic lifesaving equipment by residential pools and know how to use it. A first aid kit,

cordless phone, phone list with emergency contact information, a reaching pole and a ring buoy with a nylon line attached are recommended.

- Know when you've had too much. If you, or someone you are swimming with, appears to be too cold, too far from safety, been exposed to too much sun, or had too much strenuous activity, it is time to head for shore or signal for help.

- Eliminate temptation. Surround a backyard pool with a fence at least four feet high on all sides. To prevent a child from gaining access to the water, the Red Cross recommends that the fence have a self-closing, self-latching gate that remains locked when the pool is not being used. The safest fence will have vertical bars with spacing small enough that children cannot slip through them. Consider installing pool alarms and underwater motion detectors, which can offer an extra layer of protection when used correctly. Empty kiddie pools immediately after use and remove water toys that can draw children to the pool.

- Know what you're getting into. Open bodies of water have

many different currents, some can be dangerous. Never swim in an area that does not have a lifeguard. Check with local officials to see what types of currents are most common in the area you plan to swim. Learn how to spot a dangerous current and what to do if you're caught in one.

- Take your plan to the park. Don't let your guard down at water parks, drowning is possible in only a few feet of water. Follow all posted instructions and always slide feet first unless directed otherwise by the ride operator. On speed slides, be sure legs are crossed to prevent injuries.

- Learn first aid and cardio pulmonary resuscitation/ Automated external defibrillator skills. Families must insist that babysitters, grandparents and anyone else who cares for their children learn first aid and lifesaving CPR. Keep CPR instructions posted in plain sight, along with the local emergency number. Always have a cordless or cell phone handy.

Call the Pikes Peak Chapter at 719-632-3563 to find out which aquatic facilities in your area offer American Red Cross Learn to Swim programs (infant through adult) and to register for First Aid and CPR/AED courses.



Trio rides, raises money for America's patriots

American Forces Press Service

WASHINGTON — Inspired by a severely injured veteran of the war in Iraq, three men set out on a nearly 1,600-mile motorcycle ride Monday that will raise awareness and money to help injured service members.

The Ride for America's Patriots was born of an invitation from former Army Spc. J.R. Martinez and will benefit the nonprofit Coalition to Salute America's Heroes, which provides financial assistance, family support, and job training and placement to severely injured servicemembers.

Martinez, now medically retired, was severely burned in April 2003 when the Humvee he was driving hit a landmine in Karbala, Iraq. Since his injury, he has undergone more than 35 surgeries for burns covering more than 40 percent of his body.

Martinez and Tom Donegan met at a 2005 real estate convention in Orlando, Fla. After talking with Donegan, Martinez invited the realtor to "look him up" if he was ever in San Antonio, where he receives treatment for his injuries at Brooke Army Medical Center. It was an offer the broker and owner of a Fairfax, Va.-based real estate agency couldn't refuse.

"I got to talking to some of my friends, and I said, 'I've never been to San Antonio and we've been talking about doing a long bike ride somewhere,'" Donegan, a former Army major, said. But just making the trip wasn't enough; he wanted it to do some real good. So far, the group's efforts have raised

more than \$22,000 for injured service members. The goal is \$25,000, which Donegan thinks they'll reach by the time they reach their destination. All the money will be donated to the nonprofit coalition, but the ride is about more than money.

"The first and most important (aspect) is to let those service members who are severely wounded know that we appreciate the efforts they're doing for us," Bob Loy, a former Army lieutenant colonel and now a government contractor, said. "The second thing we want to do is raise public awareness to the sacrifices these men and women are going through."

Donegan, Loy and Joe Kurnos will accomplish both of these objectives through talking with the media at several stops along the route between Fairfax and San Antonio.

The ride, originally scheduled for late 2005, was put on hold because of hurricanes Katrina and Rita, Donegan said. That delay was a blessing in disguise for Kurnos. The self-proclaimed "fair-weather" motorcycle rider had originally pledged a donation, but declined to make the trek because of the weather and personal reasons.

In October he saw something that changed his mind — a television interview with a Soldier who lost both arms and had severe legs injuries. He wasn't upset that he had no arms, Kurnos said, only that he couldn't tie a tourniquet around his leg to stop the bleeding. "These guys make such a sacrifice. They're gone for months and years," Kurnos, also a realtor, said. "I couldn't use a

whining excuse like, 'It's going to rain,' or 'I'm going to be away for a couple of weeks.' This is the thing I had to do."

The group will stop first in Bristol, Va., and will continue on to Nashville, Tenn., where former Army Sgt. Josh Forbess will join the ride.

Forbess was one of five survivors of a Black Hawk crash over Mosul, Iraq, in November 2003. Currently a Coalition to Salute America's Heroes spokesman, he will ride as far as Memphis, Tenn.

The groups' third stop, Little Rock, Ark., will be a resting point before heading off to Dallas, where they plan to pick up several more riders. Just north of Austin, Texas, an escort of San Antonio American Legion Riders will join the group for the last leg of the trip, which ends at American Legion Post 593.

The group has events planned throughout the weekend that will let them show service members and their families their appreciation. The riders also will make a presentation at a coalition benefit concert in Austin on May 19 at the Redrum Club.

"Tom also has decided that this is so important that we're going to make this an annual event," Loy said, explaining that future rides would take them to other Veterans Administration facilities and military bases.

Those interested in the ride can keep up with daily "blog" entries at the Ride for America's Patriots Web site, www.rideforamericaspatriots.org. The site also offers a live "bikecam" Webcast and the opportunity to donate to the coalition through the Ride for America's Patriots.

AWOL

From Page 13

Making a “fresh start” was also difficult, Jay said. Simple things — applying for a job, opening and maintaining a bank account, buying a car or home — were impossible. Like bread crumbs, the paperwork involved in those endeavors would create a trail leading directly to him.

Jay eventually found work on a fishing boat. For more than two years he slipped through the cracks. Then his luck ran out one night as he left the docks for home and was stopped by a police officer. Oddly enough, Jay wasn’t stopped because of his unauthorized leave of absence.

“There had been a few recent robberies around the area, and the policeman said he thought I looked a little like the composite sketch of the subject they were looking for,” Jay said. The subsequent investigation unearthed Jay’s secret.

Jay was put into jail, awaiting transfer back to Fort Polk. Unlike his first trip to the installation, made as a hero ready to serve and defend his country, this journey was filled with shame and guilt. Those emotions were amplified by the scorn he said he could read in the faces of the DoD policeman and Soldiers who handled his return.

Getting caught, returning to duty

A majority of Soldiers who’ve gone AWOL

return to their duty station on their own accord, Lybarger said.

“About 60 percent (of the Soldiers) I see turn themselves in for some reason or another,” he said. “They knew they were in trouble to begin with, took care of problems and are now back to take care of the Army.”

Returning to the duty station of one’s own volition can lessen the punishment a Soldier receives, Mangan said. However, as with all AWOL cases, that is left to the discretion of the Soldier’s command, he said.

Length of time absent and reasons for absence are taken into account. Unauthorized absence from guard, watch, duty or with the intent to abandon a special type of duty, maneuvers or field exercises can hurt a Soldier’s chance for rehabilitation and lead to a discharge, said Mangan.

About 75 percent of returning AWOL Soldiers are rehabilitated, Lybarger said.

“I’ve seen Soldiers go on to do great things,” he said. “One (Soldier I know) came back and went on to excel at the Warrior Leader’s Course and is on course to making a good noncommissioned officer”

Often, Soldiers can be rehabilitated because they aren’t necessarily “bad,” just young and immature, Lybarger said. Like Jay, who joined the Army fresh out of high school, Lybarger said most of the AWOL Soldiers he sees are privates, 18-23 years old and at their first duty stations.

According to Pentagon sources, of those

separated from the service, 94 percent receive other than honorable discharges, losing veteran’s benefits, college money, federal home loans and the ability to hold a government job.

Under Article 86 of UCMJ, Soldiers who go AWOL can be punished in a variety of ways including punitive discharges (bad conduct or dishonorable discharge), confinement, forfeiture of pay or a combination of all three.

But circumstances dictate the type of punishment a Soldier receives.

“Punishment boils down to the command’s option and the Army policy to use only the necessary means to discipline a Soldier,” Mangan said. “Commanders should consider circumstances and Soldiers’ merit.”

“You can’t just have one standard; it all depends on the individual,” Lybarger added, saying he looks at the impact an AWOL Soldier could have on fellow Soldiers.

“Sometimes these Soldiers are gone so long that they lose their (military attitude), so you have to ensure this doesn’t rub off on others,” he said.

If Jay could turn back time, going AWOL is something he said he’d change. “I regret every minute of it.”

While the lessons he learned might be too late for Jay, who received a discharge other than honorable, he hopes his testimony will deter others from following his footsteps.

“Don’t do it. Stick around and honor your commitment,” he said.

Sports supplements may cause harm

Evans Army Community Hospital

Millions of Americans, to include Soldiers, invest in sports supplements to enhance their performance during workouts and/or to help lose weight.

Some experts question the health impact of using these supplements. Much of the concern relates to the fact that dietary supplements are largely unregulated. The federal government does not require manufacturers to prove that their products are either safe or effective before selling them. Manufacturers can make fairly broad advertising claims about what their products do, just short of making a health claim. Most of these supplements have limited scientific research to back up their claims for effectiveness.

Indiscriminate use of supplements can cause severe side effects that could actually hamper performance, and may cause people to make a trip to the hospital for medical care.

People should make sure their physician knows they are using dietary supplements as

they can interact with other medications and can have negative effects if used improperly. It is important to be educated about the possible dangers.

Avoid dietary supplements and other self-care products containing combinations of ephedrine-like compounds, caffeine-containing substances, and aspirin.

Ensure that your health-care provider is aware of what dietary supplements and other self-care products you are using, when seen for an appointment.

Individuals taking these substances should maintain hydration by drinking adequate fluids.

Optimize performance by combining a food first diet with training.

Two other reputable Web sites that are not listed on the Safety Awareness include the USDA's Web site: www.nutrition.gov, and the Evans Nutrition Care Division Web site at <http://www.evans.amedd.army.mil/ncd>.

Contact the dietitians at Evans Army Community Hospital for individual sports nutrition counseling at 526-7290.

Preventive Medicine offers training options

Preventive medicine

In the Environmental Health section of Preventative Medicine, units have training options available to them.

Unit leaders can contact Preventive Medicine to set up a time to have representatives teach on a variety of topics that could be useful for Soldiers. Some of the training topics include heat category monitoring, food service sanitation training, heat and cold injury prevention, sexually transmitted diseases and others that may be required by the unit.

For example, each company or unit's field sanitation team is responsible for monitoring the wet bulb globe thermometer since the reading must be taken at the same environment in which personnel are exposed. Environmental Health can train unit personnel how to use the WBGT.

Soon, Environmental Health will be offering food service sanitation training to employees, military or civilian, of dining facilities, Army and Air Force Exchange Services and Child and Youth Services. A four-hour refresher course will be offered monthly and an eight-hour initial training course will be offered quarterly in the conference room at bldg 2059.

The first refresher course will begin May 30, at 9 a.m. The refresher course will be offered on the last Tuesday of every month.

The first initial training course will be June 9 at 8 a.m. To reserve a seat, contact Jim Trainer, certified ServeSafe instructor, 526-5274 or e-mail him at james.trainer@amedd.army.mil.

To learn about training opportunities offered by Environmental Health, call 526-7922/5274 or 524-2238.



Community Policing



Department of the Army Police



Name: Officer Samuel A. Romero

Experience: Officer Romero has been assigned to the Provost Marshal's office as a Department of the Army civilian police officer since June of 2004. Romero currently works as a DA police officer assigned to the Fort. Carson Special Reaction Team.

Quote: "Pay attention, the life you save may be your own."

Alutiiq-Wackenhut Security Services



Name: Officer Jetoya Valentine

Experience: Officer Valentine served four years as a security officer with the Air Force and 5 and a half years as an armored guard with Loomis Fargo. Valentine has served 17 months with A-WSS and currently serves as a security officer at Fort Carson.

Quote: "Stay strong"

Military Police



Name: Staff Sgt. Steven Reichard

Experience: Reichard arrived to Fort Carson in February of 2004 and is currently assigned with the 984th Military Police Company. Reichard's previous assignments include Camp Casey, Korea, Fort Leavenworth, Kan., Frankfurt, Germany, and Fort. Sill, Okla. Reichard's operational deployment was to Operation Iraqi Freedom 2. He is currently training for future deployments and serves the Fort Carson community with law enforcement duties.

Quote: "Speed kills."

TRICARE Web site helps retirees with dental service

TRICARE

New automated telephone services and an improved, easy-to-use Web site provide both visitors and enrollees with complete, comprehensive information about the TRICARE Retiree Dental Program.

Automated features added to the redesigned Interactive Voice Response telephone system, or “IVR,” include the ability to request a list of dentists in a specific area, including specialists, be faxed or mailed. Callers can also get a complete breakdown of TRDP covered services, including time limitations; streamlined navigation through the automated telephone system makes it easier than ever for TRDP enrollees to obtain such information as their eligibility; status of a claim, maximum used to date and remaining deductible amount.

The IVR at (888) 838-8737 is available for automated services 24 hours a day, seven days a week. Callers who wish to speak directly to a customer service associate can dial the IVR Monday through Friday during the hours of 7 a.m. to 7 p.m. MST.

Those with Internet capability can

log on to the TRDP’s dedicated, customer-friendly Web site at www.trdp.org and take a “virtual tour” of the program.

Further navigation through the Web site allows users to enroll in the TRDP, find a local network dentist through the online dentist search function, download a claim form, view or print the entire benefits booklet, and click on “Related Sites” to get the latest dental health updates and find useful links to important government and health information.

There is also an online customer inquiry form that allows customers to contact Delta electronically during a time that is convenient for them and to get prompt responses to their specific questions about the TRDP — all within reach of their computer.

Another convenient feature of the TRDP Web site is the online Consumer Tool Kit.

Much like the IVR, this self-service tool for enrollees allows them to verify their eligibility, get up-to-date benefits information, verify maximums and deductibles used to date, review processed claims and reimbursements, and even print extra ID cards for themselves and their enrolled family members.

Pet food

Nutrition important

Veterinary Treatment Facility

Sometimes it is easy to forget that your pet is just as prone to side effects from improper diet as humans are.

Feeding the wrong type of food and/or over feeding can compromise your pet’s health. Therefore, becoming a pet owner bears great responsibility not only in the aspect of providing food, shelter, attention and exercise, but to provide your pet with the proper type and amount of food.

With such a wide variety of food brands to choose from it is often difficult to decide which type best fits your pet’s nutritional needs.

All pet food producers must meet the same nutritional requirements; however, manufacturers’ do have a choice in how the requirements are met. The important thing to keep in mind is the ingredients listed first on the label are more prominent in that specific food. Therefore, the better food for your dog or cat is one that has a type of meat listed before a type of grain.

It is also important to remember that at each stage of your pet’s life the nutritional requirements are different, much like humans.

For instance, a growing puppy’s needs are different than those of an older dog just as a baby’s needs are different from those of an older person. Most often it is best to avoid foods that claim they are good for pets of all ages. Rather, it is in your pet’s best interest to purchase an age-appropriate food.

Choosing the proper amount of food to give your pet is pertinent to his or her well being. The best way to regulate how much your pet is eating is to measure out an amount that is adequate for your pet and to feed him or her in intervals. Twice a day generally works well; however, if you are having difficulties in maintaining a healthy weight for your pet, your veterinarian can provide dietary recommendations.

For more information about pet diets contact the Fort Carson Veterinary Treatment Facility at 524-4115.

Asian/Pacific Heritage Month

Story and photos by Spc. Clint Stein
Mountaineer editor

To honor Americans of Asian/Pacific descent, Mountain Post members celebrated Asian/Pacific Heritage Month with a lunch and entertainment May 18 at the Elkhorn Conference Center.

Sponsored by the 3rd Armored Cavalry Regiment, Celebrating Decades of Pride, Partnerships and Progress, was the theme for this year's celebration.

Asian/Pacific Heritage Month dates back to June of 1977 when Congressmen Frank Horton and Norman Y. Mineta introduced a resolution into the House of Representatives. It called for the president to proclaim the first week of May as Asian/Pacific Heritage Week.

The following month, Senators Daniel Inouye and Spark Matsunaga introduced similar legislation into the U.S. Senate. And, by October 1978, President James Earl (Jimmy) Carter Jr., signed Joint Resolution 72, officially declaring the first week of May as Asian/Pacific Heritage Week. Twelve years later, in May of 1990, President George Bush signed a proclamation expanding the weeklong celebration into an entire month. And two years afterwards, on Oct. 23, 1992, the 102nd Congress unanimously approved and Bush signed into law House Resolution 5572, permanently designating May as Asian/Pacific Heritage Month.

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the track were Chinese.

Today, people of Asian/Pacific decent are far more diverse and integrated into American society than they were in the 19th century. Col. John M. Cho, commander of Evans Army Community Hospital and guest speaker for the celebration, said people of Asian/Pacific heritage are so integrated into American society that many people hardly realize the difference in races and see them as simply people — Americans.

To help prove his point, Cho presented the audience with a slide show of different people of Asian/Pacific decent and quizzed the audience on their identification. Cho said the point of the quiz was to demonstrate to the audience how Asian/Pacific Americans are integrated and diverse in American society that, "it's seamless."

After Cho's presentation, members of the 3rd ACR gave a special presentation of their own. Several male and female Soldiers provided the audience with a fashion show. They displayed traditional clothing worn by different Asian and Pacific Islander people from around the world.

At the conclusion of the fashion show, the audience got a taste of traditional Asian and Pacific Island foods from around the world. On each side of the conference room were buffets of food for guests to sample.

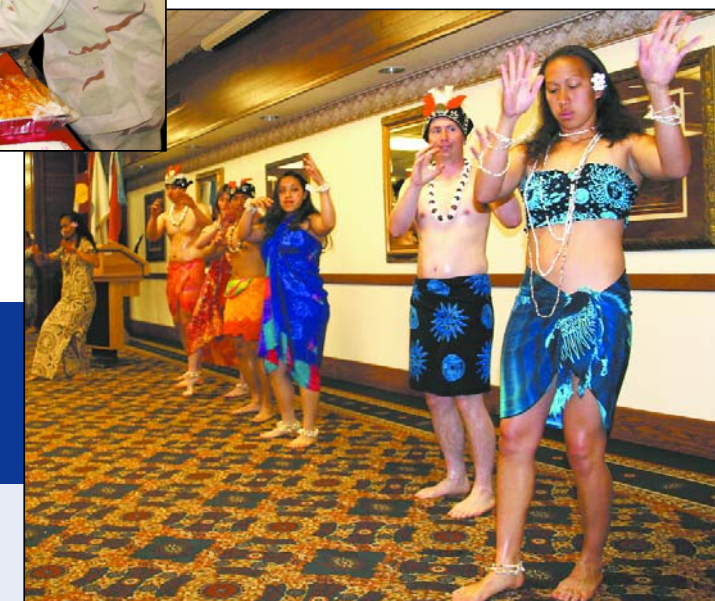
Pfc. Chris Aho, right, serves
Spc. Yong Jiang a helping of
Asian/Pacific food May 11.



Col. John Cho, commander of Evans Army Community Hospital, left, is presented an award of appreciation by Col. David Saffold, 7th Infantry Division assistant commander of support, during the Asian/Pacific Heritage Month celebration May 11 at the Elkhorn Conference Center.



After performing a fashion show, 3rd Armored Cavalry Regiment members demonstrate a Hawaiian dance at the Elkhorn Conference Center.



The fashion show ...

As entertainment for the Asian/Pacific Month celebration May 11, members of the 3rd Armored Cavalry Regiment performed a fashion show for the audience. Couples displayed traditional clothing worn by people of several different Asian and Pacific Islander cultures from around the world, pictured below and at right.



TRICARE to pilot Web-based alcohol education program

TRICARE

Alcohol abuse is threatening the professional and personal lives of service members.

This is the prime reason the Department of Defense and TRICARE are sponsoring a Web-based alcohol abuse prevention and education pilot program to help service members learn about responsible drinking.

The pilot program is called PATROL — the Program for Alcohol Training, Research and Online Learning.

“PATROL will help shape participants attitudes about alcohol and influence them to drink responsibly,” said Dr. David N. Tornberg, deputy assistant secretary of defense for Clinical and Program Policy. “Enrollees will have access to free services and programs currently not available through TRICARE.”

The following military installations will host the PATROL program and provide Web access to active duty service members:

- Fort Bliss, Texas and Fort. Sill, Okla.
- Naval Base, Norfolk, Va., and Naval Air Station, Ventura Co., Calif.
- Camp Pendleton, Calif., and Cherry Point Marine Corps Air Station, N.C.
- Hurlburt Field and Tyndall Air

Force Base, Fla.

The Research Triangle Institute, along with its sub-contractor ISA Associates, developed the scientific educational program to assess attitudes and knowledge about alcohol use and abuse, and encourage responsible drinking.

“Prevention reduces the frequency of alcohol related diseases and saves money to use for other interventions,” Tornberg explained. “Addressing these problems is important for improving short and long term health, enriching life and increasing our military readiness.”

TRICARE Management Activity needs active duty volunteers to participate in the PATROL pilot program. Volunteers may join PATROL even if they only drink occasionally or do not drink at all. Interested active duty members at participating installations should look for announcements on how to enroll in the PATROL program. Enrollment will continue through mid June. Active duty members who meet the eligibility requirements and would like additional information may visit the PATROL Web site at www.projectpatrol.org.

For more information on the Healthy Choices for Life campaign and the Alcohol Pilot Program visit the TRICARE Web site at www.tricare.osd.mil/healthychoices/.

Spouses attend AFTB training, receive kudos

Family Enrichment Program

Some Fort Carson volunteers recently attended Army Family Team Building training in St. Louis.

Annetta Ebrecht received certification as an AFTB Volunteer Program manager. She serves as the AFTB Volunteer Program manager at Fort Carson. Ebrecht was given the Sapphire Award from Army Community Service at the yearly recognition banquet held April 24. Ebrecht volunteered more than 500 hours with ACS during 2005. She is the spouse of 1st Sgt. Virgil Ebrecht, assigned to U.S. Army Space and Missile Defense Command/U.S. Army Forces Strategic Command at Peterson Air Force Base.

Tonya Daniels and Melinda Graper, Fort Carson AFTB master trainers, have been selected to attend AFTB core trainer to be held in August. Graper is the spouse of Brig. Gen. Mark Graper, assigned to Northern Command at Peterson..

The AFTB core trainers serve as volunteer trainers at the Department of Army level. They were selected as an elite group of volunteer trainers.

Daniels has spearheaded AFTB classes held on Peterson Air Force Base to benefit the spouses of SMDC/ARSTRAT. She is the spouse of Col. Gerald Daniels, assigned to SMDC/ARSTRAT.

Daniels was recently awarded the ACS Sapphire Award for volunteering more than 500 hours with AFTB at Fort Carson.

Kelly Brock attended AFTB master training. Brock has been an AFTB instructor for almost two years at ACS. Brock is the spouse of Capt. John Brock assigned to SMDC/ARSTRAT at Peterson.



Cheyenne Shadows DemoDay

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Fort Carson Family Child Care



Stay at home with your children and nurture the hearts
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Initial orientation is conducted the first Friday of every month from 9 am - 10 am
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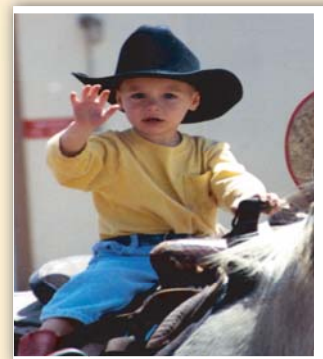
For more information call

Fort Carson

Child & Youth Services - Family Child Care 526-3338/1108



Turkey Creek Ranch
Fort Carson, Colorado



Saddle up for a trail ride:

Horses head down the trail five times a day Wednesday through Sunday. Trail rides are for riders 7 years of age or older.

Put your Buckaroo on a pony:

Young children ages 2 - 9 can ride for 10 minute increments to fit their attention span. Ponies are available Wednesday through Sunday from 1100 - 1500.

Turkey Creek Ranch

719-526-3905

SPORTS & LEISURE

Dungen wins top body building honors

Story and photos by
Walt Johnson
Mountaineer staff

Fort Carson's Marcus Dungen won first place and Tony Claiborne captured second place in their respective divisions in the National Physique Committee's 2006 Pro Body Building and Fitness Show at the Convention Center in Denver May 12-13.

Dungen won the lightweight title at the event as he was constantly cheered on by family and friends who gave him the motivation to really show everything he had to the judges and the crowd. Members of his family could be heard cheering him on over the applause of the crowd.

Claiborne was in the largest division (middleweight) and he was also the recipient of wild applause as he came out to show what he had been working on the past year, getting ready to be competitive at this event.

Both of the Army participants came into the contest "in better shape than we have ever been for this type of competition," according to Dungen. They needed to be at their best because the chance to win the division for each was complete with competitors who trained just as long

and hard as the Mountain Post duo.

Dungen would find his closest competitor was a body builder from Denver named Manny Vigil who came in with a winning physique. Dungen was able to offset Vigil and came out the winner in the light-weight class. After the competition Dungen said he was happy with the outcome and looked forward to future competition.

"All the hard work that I put into getting ready for the event paid off for me. My main goal coming here was to win the lightweight class and I was able to do that. This show was a little different because of what we did with our 60-second posing routine without music which gave us a chance to show off our best assets which is what the judges wanted to see," Dungen said.

Dungen wasn't finished with his competition after winning the lightweight title. He was one of five competitors who would compete for the overall top body builder. The winners in the other five division, bantamweight, middleweight, light heavyweight and heavyweight were on stage to see who would be the top overall

See **Build** on Page 39



Marcus Dungen shows the form that allowed him to win the lightweight championship at the 2006 Bodybuilding and Fitness Contest Saturday in Denver.

Mountaineer Sports Feature



Photo by Walt Johnson

Soccer kicks

A member of the Fort Carson Youth Center soccer team, in dark shirt, gets set to make a pass to a teammate as a Colorado Springs Pride player closes in on him. The post youth soccer season's last Saturday games are Saturday at Pershing Field, beginning at 9 a.m.

On the Bench

Sky Sox return home to honor Mountain Post Soldiers

Story and photo by
Walt Johnson

Mountaineer staff

The Colorado Springs Sky Sox, the top farm affiliate of the Colorado Rockies, will host its annual salute to Fort Carson Sunday.

The Sky Sox will play the New Orleans Zephyrs in a 1:05 p.m. game at Security Service Field in Colorado Springs. Free tickets for the military appreciation day are available at the Information, Ticket and Registration office.

The Fort Carson Aces, the post varsity softball team, will be in action Saturday when it plays in the Aaron Gutierrez Memorial Classic.

The classic is an annual event hosted by the Independent Softball Association designed to raise funds to help fight cancer, which took the life of Gutierrez at the age of 12. The tournament will be played at Widefield Park in Widefield. The fields are located next to the library in Widefield near

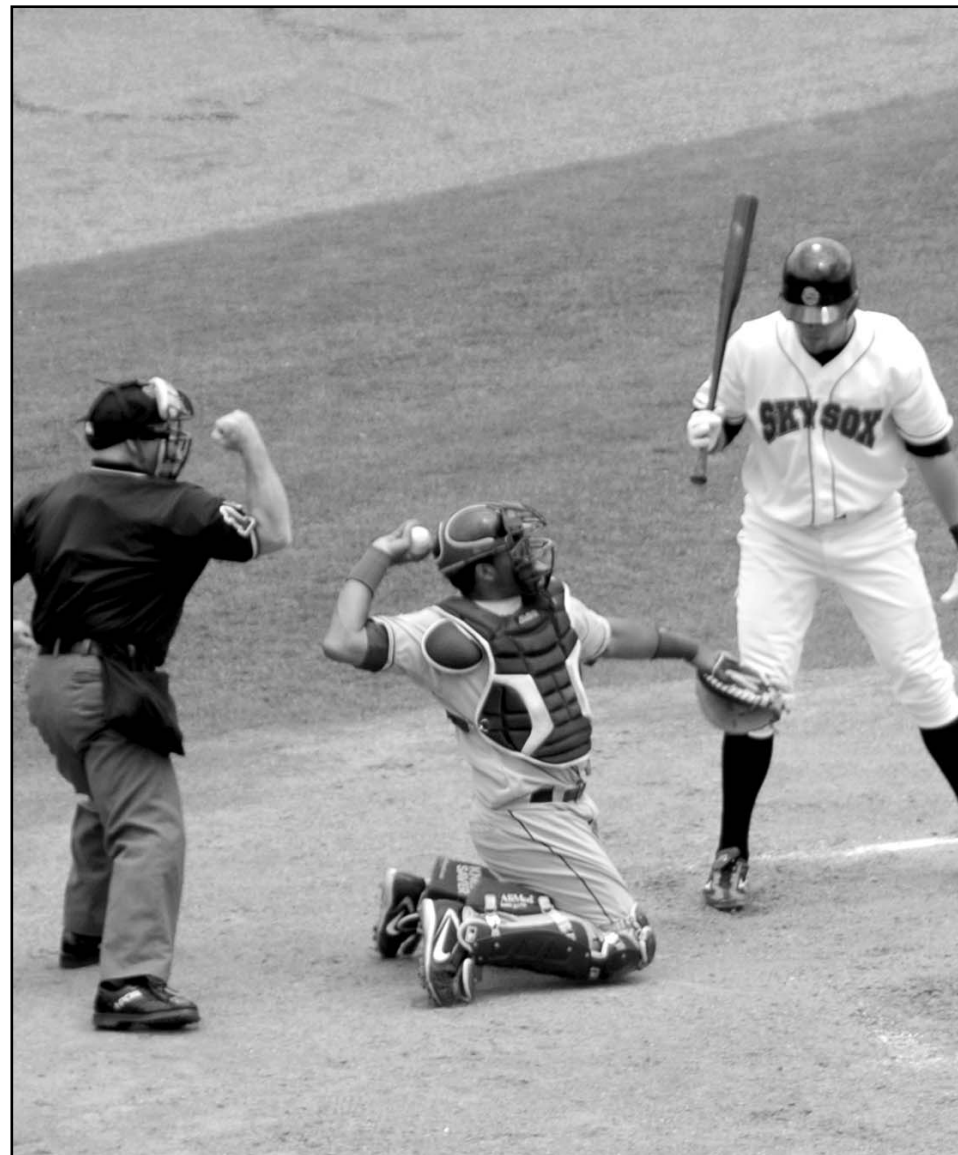
Widefield High School.

According to J.D. McCartney, Xstatic Public Relations/Colorado Trout Unlimited, Colorado has been chosen to host this year's National Fly Fishing Championship. The competition will begin May 30 at various sites throughout the state.

Colorado Trout Unlimited, is a nonprofit organization dedicated to conserving, protecting and restoring Colorado's coldwater fisheries.

The National Fly Fishing Championship brings some of the top fly-fishing competitors in the country to Colorado for what McCartney said will be three days of intense competition.

"This event will impact Colorado in so many ways and we are proud to present the event in our home state," said David Nickum, executive director of Colorado Trout Unlimited. "The championship not only advances the sport of fly fishing, but serves to enhance our fisheries, draw attention



Colorado Springs Sky Sox first baseman Ryan Sheeley takes a called strike during a game May 7 at Sky Sox stadium. The Sky Sox will pay tribute to the Mountain Post Sunday when it hosts the New Orleans Zephyrs at 1:05 p.m. at Security Service Field in Colorado Springs.



Photo by Walt Johnson

Lady Mountaineers

The Fort Carson Lady Mountaineers gather together before the beginning of an inning during action May 6 at the post softball complex. The Lady Mountaineers began the regular season Wednesday at Sky View Sports Complex in Colorado Springs. Tryouts are still open and anyone interested in playing for the team can call Cathy Satow, head coach, at 330-7095.

Bench

From Page 34

to environmental issues and build support for conservation.”

According to the organization, the competition will feature 65 to 70 contestants from two international teams, two Colorado teams and nine teams composed of regional champions and current Team USA members. Of the U.S. competitors, 15 will be selected as members of Fly Fishing Team USA to represent the country this August at an international Olympic-style event in Portugal. All events are open to the public and are scheduled for the following locations: Upper South Platte River near Deckers; Lower South Platte River near Waterton Canyon; Clear Lake near Georgetown, Big Thompson near Estes Park and Lily Lake in Rocky Mountain National Park.

The competition begins with registration May 30, and two days of pre-competition events such as clinics, youth activities and VIP fishing with the champions. Following three days of competition, the event concludes June 4 with a banquet and awards ceremony.

For more information about the National Fly Fishing Championship and Conservation Symposium, visit www.nationalflyfishingchampionship.com.

The Fort Carson Lady Mountaineers, coming off an impressive showing in its first competition of the year, began its regular season Wednesday at Sky View Sports Complex in Colorado Springs.

The Lady Mountaineers will be playing each Wednesday through July 19 on field number three

Post representatives win Scion basketball tourney



Rashawn Quincy, right, shoots over his opponents during the championship game of the Scion Basketball tournament at the Special Events Center Saturday.

Story and photos by
Walt Johnson
Mountaineer staff

Soldiers from the Mountain Post took advantage of their home turf and defeated a team of Airmen to win the Scion 3-on-3 military basketball tournament at the Special Events Center on post Saturday.

With Robert Nieto coaching, Vladamir Vasquez, Steve Siler, Rashawn Quincy and Jimmy Hart formed the team that won the \$1,000 first prize and the right to call themselves the tournament champions for the next year.

Shannon Degraaf, tournament coordinator for Scion said this was the third stop on a 14 military installation tour for the program that has made a stop at the Mountain Post for the past two years. Degraaf said tournament organizers were thrilled to be able to come back to the Mountain Post this year after experiencing an excellent tournament here last year.

“We like being here at Fort Carson and the tournament is going great. We feel this is a wonderful event for the Soldiers and their families and we are really happy to be here at Fort Carson,” Degraaf said.

“Every place we go is unique and

every place has its different personality. The one thing that does tie each place together is how thankful the people are that we come to their installation. The players and their families like everything about the event — from the free give-a-ways, to the chance to win prizes and all the other wonderful things our sponsors donate so the Soldiers and their families can have an enjoyable day,” Degraaf said.

The tournament was filled with exciting basketball action as teams with players in high school competition met teams of solid veteran players with goal of winning the top prize of \$1,000 on each team’s mind.

When the dust settled leading up to the semifinal round four, teams, two from the post, one with members of the Air Force and one civilian team, were left to fight for the top prize money. The draw found the two post teams meeting each other for the right to move on to the finals. Corey Stewart, Jason Pinkney, Carlos Jenkins and Clarence Gadson formed the second post team and after a hard fought contest found itself on the short end of the score to go into the third place game with the chance to win the third place prize of \$250 dollars.

See **Hoops** on Page 38

You can find the *Mountaineer* At These Off Base Locations

Air Force Recruiting Offices

All-in One Drycleaning
1605 La Shelle Way

American Legion Post #38
6685 Southmoor Dr.

Army Recruiting
358 Main Street

Army Recruiting
5861 Palmer Park

Cheyenne Trail Liquors
1703 South 8th Street

China Doll Restaurant
3629 Star Ranch Road

DAV
Palmer Park/Peterson Rd.

Drop Shop
7320 S Hwy 85/87

Falcon Dist 49 Administration
Sand Creek High School

Federal Building
1520 E Willamette

Fountain City Hall
106 S Main

Geico
1835 S. Academy Blvd.

H & H Tires
Hwy 85/87

Independent Records
3030 East Platte Avenue

Kelly O'Briens Sports Bar
239 North Academy Blvd.

Loaf & Jug
102 S Santa Fe

Lockheed Martin
By Solos Restaurant

Mama Trino's Pizzeria
1817 South Nevada Avenue

Off Post Barbers
1655 La Shelle Way

Omni Military Loans
2350 S. Academy Blvd.

Park Paralegal
608 South Nevada

Pikes Peak Comm. College (North)
11195 Hwy. 83

Pikes Peak Comm. College (South)
5675 S. Academy Blvd.

Recruiting Office
Cross Road At Citadel

Retired Enlisted Assn.
834 Emery Circle

Ruby Tuesday's Restraunt
1645 N. Newport Road

Solo's Restraunt
1645 N. Newport Road

Starlight Video
490 North Murray Blvd.

Starlight Video
1890 West Colorado

The Inn @ Garden Plaza
2520 International Circle

The Residence @ Skyway
855 Skyway Blvd. #122

VFW
Downtown Pikes Peak

VFW 3917
715 Clearview Dr

VFW Post 6461
753 S Santa Fe

YMCA Southeast
2190 Jetwing Drive

YMCA-Fountain Valley
301 E Iowa Ave



Photo by Walt Johnson

Running water

Aquatics center lifeguards Candice Okker, left and Paige Bergeaux fill up the outdoor swimming pool as the staff prepares for today's opening of the outdoor pool on post.

Bench

From Page 35

at the complex. The team will play a double header Wednesday at 7 and 8 p.m. against Spectrum Rehabilitation and Noreaster respectively. The Lady Mountaineers will be in action again May 31 when it plays AWASP at 7 p.m.

The outdoor swimming pool is scheduled to open May 26 at 10 a.m. and will remain open until Labor Day weekend.

Also, to meet the rising cost of operations the indoor and outdoor pool will be raising prices for services. The new price are as follows: Daily fees will be \$4 (adults 17 and older); \$3 (5 to 16 years old); \$5 (non-military members); and free for children 4 years and younger. Other payment methods are also available to use the indoor and outdoor facilities. A 12-month family pass is \$150 for a family of five or more and for families with two to four members the price is \$125. A 3-month family pass is \$125 for a family of five or more and for families with two to four members the price is \$100. Individual 12-month passes are also available for \$80 (adults 17 and older) and \$65 (seniors 55 and older). Individual 3-month passes

are available for adults 17 and older for \$70. For more information on the price changes at the aquatic centers contact Don Armes, aquatics center director, at 526-3193 or 526-3107.

The post running team is looking for runners to help form this year's squad.

The team trains year-round in order to compete in local and national races. Any runner interested in being a part of the team should show up at the center at 6 a.m. on Tuesday, Wednesday and Thursday at the Special Events Center. Contact Martin Wennblom at 330-0554 or Bill Reed at 524-1163.

The Colorado Rockies' next military appreciation day at Coors Field will be June 5-7 when the Pittsburgh Pirates will be in town. The Rockies are offering discount tickets in the outfield box, pavilion or upper reserved infield seating area for just \$6 per ticket.

Call (303)-762-5437 and say you are calling for the military appreciation days tickets. These tickets will not be available at the stadium ticket windows. You must state that you are an active member of the United States military or a military veteran and provide reference number 741532.

Hoops

From Page 36

Although the post team lost to another post team, it had the chance to lick its wounds and play for third place after the Air Force team, eliminated the civilian team to enter the finals. The post team beat the civilians to win the third-place prize and the money that came with it.

"This was a tough event for us. We had three close games in the beginning and getting to the semi-finals and having a chance to play for third place was tough. It took a lot of will and dedication from all of us to get this done," Stewart said.

In the championship game the quicker and talented post team took advantage of every break it could, to include taking advantage of a sprained ankle by the Air Force's top shooter, Lyron Paul, to win the title. Paul's immobility was mostly felt on the defensive end as the post team was able to isolate him and then drive around him to cash in on high percentage opportunities at the basket.

Even with the break of playing against a limited Paul, the Air Force team was able to stay close to the Army team and with the score 15-14 (the point to win the game was 16). Vasquez was fouled and

stepped to the line with a chance to win the game. The only problem is Vasquez, by his own admission, is not a good free-throw shooter so it was not a foregone conclusion the game would be over.

Vasquez stepped to the line and let go his free throw that bounced high off the backboard and then dropped through the net to give his team the victory.

"I was just praying that it would go in," Vasquez said. "I was praying really hard. I'm not that good of a free-throw shooter but when I stepped to line I just thought God would bless me to make it. When I went to the free-throw line I remembered saying that it was a thousand dollars on the line and we had been playing hard all game. I said to myself 'let's go and do this.' When I let it go, all I said was 'go in ball go in,'" Vasquez added.

Siler said that teamwork and believing in each other were the keys to victory for his team. "We just played together and kept our heads throughout the tournament. We kept our defense straight and just kept giving 100 percent effort on each possession. We were very concerned when Vasquez went to the line but we also know that 'V' is a clutch player and we always look for him to come through."



Corey Stewart, left, looks to make a move around Vladamir Vasquez during semifinal action of the Scion basketball tournament Saturday at the Special Events Center.



Tony Claiborne acknowledges the applause of the crowd during the Bodybuilding and Fitness contest Saturday in Denver.

Build

From Page 33

body builder. Although Dungen didn't win that title he said just being on the stage was rewarding.

"When I went up to compete for the overall award I figured the size of the bigger competitors would be an advantage for them. But the competitor in me always wants to compete and I went up there and did my poses and did what I needed to do to give the people a good show," Dungen said.

In the middleweight class Claiborne found himself looking at the biggest and most competitive class in the amateur portion of the show. As the first four of the six competitors named were given the fifth through third-place awards it was left to Claiborne and one other to see who would win the title. The competition between the two men was as close as the number one is to the number two, so it was no lock who would win the title. Claiborne was announced as the second-place winner and after the contest he had a good outlook on what transpired.

"You like the competition to be that way (close). The longer I compete the more I like it when the competition is that strong. You want to be in the competition with

people that will bring out the best in you. Sometimes you can only do your best in the gym to get ready for the competition and after that its in the hands of the judges," Claiborne said.

"I think I did the best that I could. There are some things that I definitely want to work on and do different things to bring in a tighter package. It's back to the drawing board for me. I think I will take a little time off, work on a few things and come back even stronger than ever," Claiborne added.

Both Dungen and Claiborne said the event was a very positive thing for Colorado and the body building community.

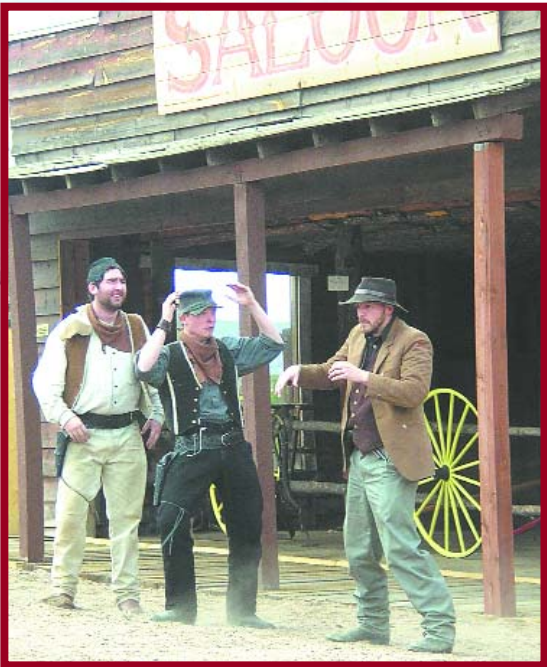
"I see a lot of future for this event in the Colorado community. I think more people will want to come out for this event in the future because of the success of this event," Dungen said.

"Overall I was pretty pleased with the show. I liked the way it was organized, professional and the competition was great. This was the biggest thing in body building to hit Colorado in the past 20 years. I think it will be a great thing if it continues to grow. A show like this will bring a lot of people into the body building community and it is a good thing for the sport," Claiborne said.

Where the West comes alive



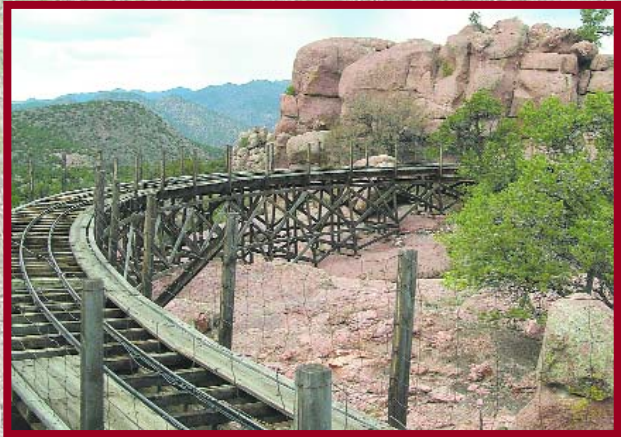
Visitors try their hand at panning for gold at Buckskin Joe.



Three actors re-enact a gunfight that occurred in the original mining town of Buckskin Joe.



The main street of Buckskin Joe Frontier Town has been seen in many Western movies. Two John Wayne films were made at the town.



The Royal Gorge Railway takes riders to the edge of Royal Gorge for a good view of the chasm and bridge.

Story and photos by Nel Lampe
Mountaineer staff

Step into history by visiting Buckskin Joe Frontier Town and Railway on the way to the Royal Gorge Bridge. It looks like a typical 1850s' Colorado mining town and is truly a page out of Colorado history. The town of Buckskin Joe really existed, but in a different part of Colorado.

In 1859, a miner discovered gold about 90 miles away from the town's present location near Canon City. The original town was close to Fairplay, Alma and near Breckenridge.

When gold was found in a nearby river, people flocked to the site. A small

settlement sprang up and began to grow. By 1861, 2,000 people lived in the town which was named after Joseph Higgenbottom, known as "Buckskin Joe" because he always wore buckskin clothes. The new town had several saloons, a mill, three hotels, an assay office, a courthouse, a newspaper and a gambling hall. H.A.W. Tabor and his wife Augusta opened a general store in Buckskin Joe.

A smallpox epidemic swept through Buckskin Joe in 1961, killing off many of the residents. Most of the other residents left town when the gold was depleted and the mill closed. The county seat was moved, Tabor relocated his business to Leadville and the town was pretty much abandoned.

Almost 100 years after Buckskin Joe was founded, Karol Smith tried to rebuild Buckskin Joe without success. He and two other men, Don Tyner, who owned the Royal Gorge Scenic Railway and Malcolm F. Brown, a designer at MGM Studios, decided to recreate the old mining town at its present site, near the Royal Gorge Bridge.

Only one building still stood at the original town of Buckskin Joe: the general store that Tabor had established. That building was moved to the new site of Buckskin Joe, as were 30 other buildings found in Colorado ghost towns and relocated to the new town of

Fairplay



Places to see in the Pikes Peak area.

Buckskin Joe

From Page 41

Buckskin Joe. Buildings were placed in the same layout of the original town. All buildings are of similar age and style as the original buildings. The new Buckskin Joe opened as a tourist attraction in 1958 and is so realistic and historically authentic that it served as a movie set for 20 movies and television shows as well as numerous commercials.

People are able to walk through the pages of history of the mining era in the frontier town, visiting a 1859-style general store, a church, livery stable, a bank, saloons and a school. There's a blacksmith, corrals, barns, dentist office, sheriff's office and a candy store.

Visitors can take a self-guided tour through a gold mine, visit a fort and a museum and make their way through a maze. Horse-drawn trolley rides leave regularly from the trolley depot.

Gunfight re-enactments take place on main street about every hour and 15 minutes, beginning at 10:45 a.m. Many of the staged shootouts are based on actual events that

occurred in the original Buckskin Joe. A narrator recites the historic event while the re-enactors in period costume lend authenticity.

After Memorial Day, the gunfights are at 10 a.m., 11 a.m. and noon, and every 90 minutes in the afternoon.

Afternoon gunfights are followed by a magic show during summer.

Buckskin Joe's main street may even look somewhat familiar to visitors as its wooden plank sidewalks, stagecoaches parked along the streets and backdrop of snow-covered mountains have been in several movies, such as "Cat Ballou," "The Duchess and the Dirtwater Fox" and "How the West was Won." Other movies featuring the town of Buckskin Joe are "The Sacketts," "Brothers O'Toole," "Lightning Jack," "Conagher" and "The White Buffalo." Two John Wayne movies, "True Grit" and "The Cowboys" were filmed at Buckskin Joe.

Admission to Frontier Town includes attractions, other than the "mystery house," which costs 50-cents admission.

The Gold Nugget dining room is the place for a hearty lunch, where the favorite item is a large buffalo burger, accompanied by fries or a salad for about \$8. Quarter-pound burgers in several combinations are also on the menu. Other selections include sandwiches, salads, nachos and Rocky Mountain oysters.

A menu for children lists a choice of hamburger, hot dogs, chicken strips or a corn dog for about \$4, and includes fries and a small drink.

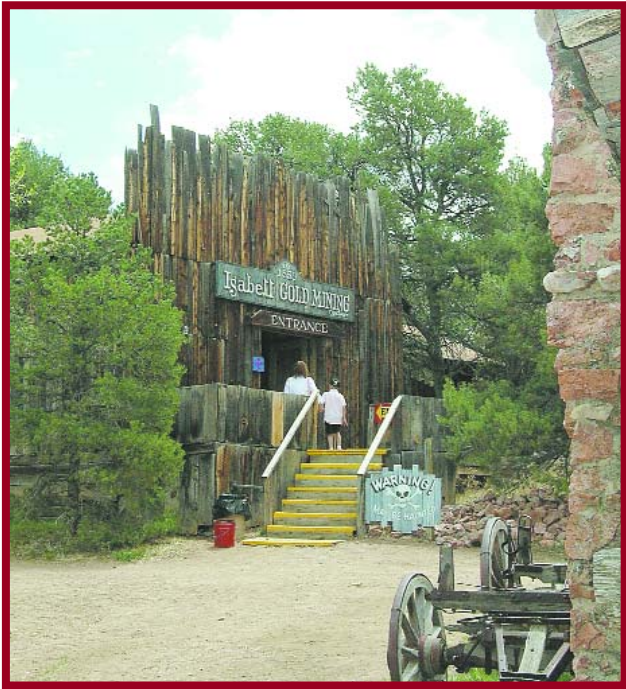
Drinks include coffee, ice tea, lemonade and sodas.

Miss Maybelle's Sweets and Treats next door to the Gold Nugget offers ice cream cones, sundaes, shakes and floats.

There's entertainment in the Silver Dollar Saloon.

The bright red building a few hundred feet before the frontier town entrance is home to the Royal Gorge Scenic Railway, which is related to the Frontier Town attraction.

The scenic railway provides a 30-minute ride on a 15-inch gauge railroad which stops at the edge of the Royal Gorge before



Visitors head for the gold mine at Buckskin Joe Frontier Town.

returning to the depot.

Lots of Colorado and train souvenirs are in the depot gift shop.

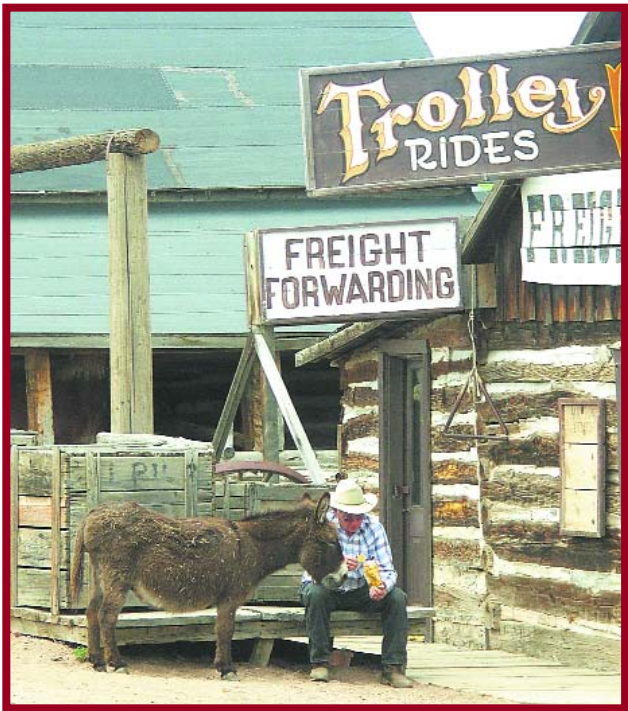
Visitors can ride the train or visit the frontier town separately, but the combination ticket is the best deal. The \$16 adult ticket entitles visitors to take the train ride, visit the town and ride the horse-drawn trolley and the attractions in Buckskin Joe. Tickets are \$14 for the same combination for children ages 4-11. Children under 3 get in free. Visit the town only for \$12 or ride the train only for \$9. Children's admission for the town only is \$10, and \$8 for the train ride only.

Military members and their immediate families receive a 50 percent discount by showing military identification.

Buckskin Joe Frontier Town is open from 10 a.m. to 5 p.m. Thursdays through Mondays until Memorial Day, then the hours are 9 a.m. to 6 p.m. The railway's summer hours are 8 a.m. to 7 p.m.

There's a special Fourth of July celebration and a barbecue cook-off in September at Buckskin Joe. It opens in October as a haunted town called "Town of Terror."

To reach Buckskin Joe Frontier Town and Railway, take Highway 115 from Fort Carson to Penrose. Go through Penrose and turn right onto Highway 50 West to Canon City. Go through Canon City and stay on Highway 50 for about eight miles. Watch for signs to Royal Gorge Bridge and Buckskin Joe, turning left (south). It's about one mile to Buckskin Joe. There's plenty of free parking



Buckskin Joe's honorary mayor, the mule, shares a snack with the trolley driver.

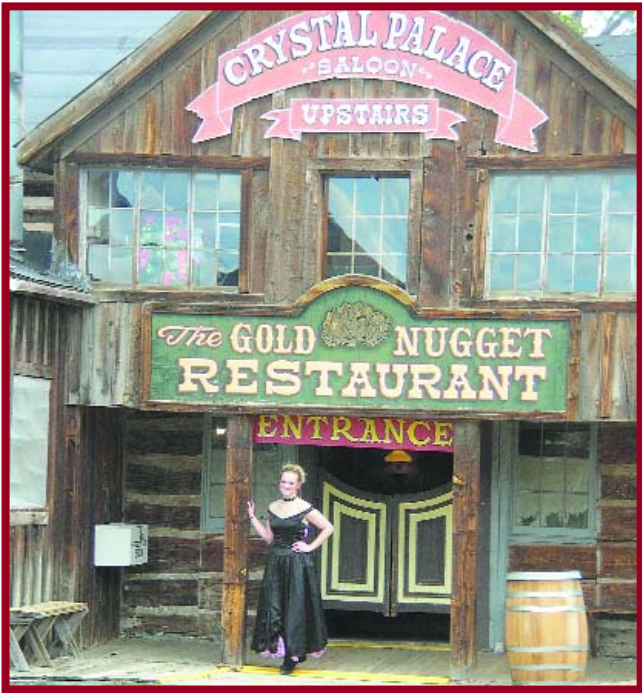


A visitor purchases old-fashioned candy, above right, at Buckskin Joe's candy store.



Just the Facts

- **Travel time:** about an hour
- **For ages:** all
- **Type:** frontier town
- **Fun factor:** ★★★★★
(Out of 5 stars)
- **Wallet damage:** \$\$ (plus food)
\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$60
\$\$\$\$ = \$61 to \$80
(Based on a family of four)



A dance hall girl watches the gunfight from the front of the Crystal Palace Saloon.

Get Out!

Pikes Peak Center concerts

The Pikes Peak Center, 190 S. Cascade has upcoming events:

“Dora the Explorer” May 30, 4 and 7 p.m.
“Stomp,” June 13-18.

Tickets can be purchased at 520-SHOW.

Pikes exhibit

A new Pike exhibit opens with a family event Saturday 10 a.m.-2 p.m. at the Pioneers Museum, 215 S. Tejon. “Marketing the Mountain” exhibit is about efforts to boost visitation to the region using Pikes Peak as the draw. The exhibit includes souvenirs sold over the years. The event includes music, balloon animal art, a Pikes Peak Hill Climb race car and mobile museum, an alligator, a blacksmith demonstration and a tepee. The event and exhibit are free.

Old Colorado City Territory Days

Territory Days happen along West Colorado Avenue May 27-29 with free music, entertainment and activities. There’ll be food vendors as well. Old Colorado City is between 24th and 27th Streets of West Colorado Boulevard. Finding parking can be difficult, so use the free shuttle from Coronado High School at 1590 W. Fillmore St.

The circus is coming

Ringling Bros. Barnum & Bailey Circus, “The Greatest Show on Earth” is in the World Arena June 14-18. Show times June 14-17 are at 7:30 p.m. There are also daytime shows at 11:30 and 3:30 p.m. June 17-18. Tickets are \$13 and \$20, with a military discount for children’s tickets. Call 576-2626.

Rockies appreciate military

Coors Field has military appreciation days at select Colorado Rockies games: the Pittsburgh Pirates in June; the Milwaukee Brewers in July and August, the New York Mets in August and the Washington Nationals in September. Call (303) ROCKIES to purchase \$6 tickets, identify yourself as an active military member or veteran and provide the reference number: 741532. There’s a \$2.50 service charge and tickets must be charged to a credit card. This offer is not available at ticket windows. See the Web site, carson.army.mil.

Denver museum

“Body Worlds 2: The Anatomical Exhibit of Real Human Bodies” is in the Denver Museum of Nature and Science through July 23. This exhibit shows bodies without skin in a process called “plastination,” showing muscles and organs. There’s a special charge of \$10 for this exhibit, but combination tickets are sold for the exhibit, museum, planetarium or IMAX. Go online at www.DMNS.com or call (303) 322-7009 for show times and ticket prices. The museum is in Denver’s City Park at 2001 Colorado Blvd.

Fine Arts Center Theater

“Pirates of Penzance” runs through June 4 at the Fine Arts Center, 30 W. Dale St. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$26 in advance and \$29 at the door.

Bluegrass

The annual “Bluegrass on the River” festival is at the Pueblo Nature Center by the Arkansas River in Pueblo. The event features arts and crafts, camping, a Saturday night dance and two stages of Bluegrass entertainment. The event is June 2, 7-10 p.m. and admission is \$6. June 3-4, festivities start at 10 a.m., with admission \$12-15 or \$25 for the entire weekend. Call (719) 545-2414 for information or go to www.gncp.org. The address is 5200 Nature Center Road in Pueblo.

Guys and Dolls

“Guys and Dolls” is presented by Theatreworks at University of Colorado at Colorado Springs at 7:30 p.m. Wednesdays-Saturdays, at the Bon Vivant Theater, 3955 Cragwood Drive. Call 262-3232 for tickets and information.

Fort Carson Appreciation

The Sky Sox show appreciation for Soldiers Sunday at 1:05 p.m. at Security Service Field, just off Powers Boulevard on the city’s east side. Free tickets can be picked up at Information, Tickets and Registration Office.



Photo by Nel Lampe

North Pole

Santa's Workshop at the North Pole, off Highway 24 West near the town of Cascade, is celebrating its 50th anniversary this year with a special half-price coupon on its Web site, www.Santas-Colo.com from opening day Saturday through June 30. The coupon makes admission \$7.95 for each person older than 2. Without the coupon or after July 1, admission is \$10 per person with a valid military identification.

Buster's Baghdad

by Maj. James D. Crabtree

